

BARNABAS TODAY

SAINT BARNABAS MEDICAL CENTER
BARNABAS HEALTH AMBULATORY CARE CENTER



HOLISTIC PREGNANCY

Incorporates Mind, Body and Spirit

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Dear Friends,

At Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, our priority is to help you stay healthy and to care for you and your family should you need our healthcare services. To help you remain healthy, we provide numerous educational programs, lectures and screenings and attend local health fairs to bring our services to our shared community.

Our latest program, offered through the Saint Barnabas Lung Cancer Institute, is a free high-risk lung cancer screening program utilizing low-dose CT scans. Lung cancer is the leading cause of cancer death in the United States and smoking is the most prevalent cause of lung cancer. When caught at an early stage, lung cancer is most curable. If you are a former smoker, read the article on page 1 to determine your eligibility for participation in this important program. If you are a current smoker and would like help quitting, we can assist you through the Barnabas Health Institute for Prevention.

We are nearing the end of the year and the start of the holiday season. The holidays often bring families together and the opportunity to spend quality time. For some, especially older adults, they can also be a difficult time. We hope the strategies provided in the magazine will be beneficial in assisting those in need to have more enjoyable holidays.

On behalf of Barnabas Health, Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, we wish you and your family a happy and healthy holiday season.

Sincerely,

Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health



John F. Bonamo, MD, MS
President and
Chief Executive Officer
Saint Barnabas Medical Center



Susan Garrubbo
President and
Chief Executive Officer
Barnabas Health
Ambulatory Care Center



Essex County

Clara Maass Medical Center

One Clara Maass Drive
Belleville, NJ 07109
973.450.2000



Newark Beth Israel Medical Center and Children's Hospital of New Jersey

201 Lyons Avenue
Newark, NJ 07112
973.926.7000



Saint Barnabas Medical Center

94 Old Short Hills Road
Livingston, NJ 07039
973.322.5000



Barnabas Health Ambulatory Care Center

200 South Orange Avenue
Livingston, NJ 07039
973.322.7000



Free High Risk Lung Cancer Screening Program

Saint Barnabas Medical Center

Lung Cancer is the leading cause of cancer death in the United States. It is most curable when diagnosed at an early stage. The Saint Barnabas Lung Cancer Institute is offering a free low-dose CT screening program for individuals who are at high-risk for developing lung cancer to identify abnormalities earlier. Eligible individuals include:

- ▶ Current or former smokers between the ages of 55-74 years of age with a history of 30-pack-years or more. (A pack year is the number of packs smoked per day multiplied by the number of years. Ex would be 1 pack/day for 30 years.)

OR

- ▶ Those ages 50 and older, have a 20-pack-years smoking history, and have one of the following:

- ← Exposure to radon, asbestos, silica, diesel fumes, chromium and nickel
- ← Personal history of prior lymphoma or smoking-related malignancies such as head and neck cancer, bladder and esophageal cancer.
- ← Family history of Lung Cancer
- ← Diagnosis of chronic obstructive disease (COPD) or pulmonary fibrosis

Saint Barnabas Medical Center has joined the International Early Lung Cancer Action Program to offer this life-saving test. In high risk people, lung cancer deaths drop by 20% when the cancer is identified early using a low-dose spiral CT scan compared with individuals receiving a chest x-ray. The scan only takes a few minutes and can save your life.

If you believe you may be at risk, please call 973.322.6644 for more information or to make an appointment for a free screening and low-dose CT scan.



GREAT AMERICAN SMOKE OUT SPECIAL SCREENING **November 15, 2012.**

Call today to register.
973.322.6644



HOLISTIC PREGNANCY

Incorporates Mind, Body and Spirit

While some women dream for years of the first time they'll give birth, Christy Deloatch only contemplated the momentous event after learning she was expecting last fall. But it wasn't long before the Bloomfield resident, 30, decided a holistic pregnancy was what she desired, hoping to labor with her firstborn with as few medical interventions as possible and without using pain medication.

She found Saint Barnabas Medical Center more than accommodated her plans, with nearly half of labor and delivery suites outfitted as natural birthing rooms offering dim lights, mobile fetal monitors and showers to help moms-to-be give birth in a soothing atmosphere that feeds their body, mind and spirit.

"The way they explained the coping techniques for natural childbirth made it seem like something you could do, as opposed to the way you see childbirth on TV and in the movies, which is just screaming and pain,"

says Ms. Deloatch, whose daughter Paige was born in June after a calm, quick labor incorporating a hot shower, birthing ball and light massage. “They made me feel more confident I could do it without the medical interventions.”

The concept of holistic pregnancy has gained traction in recent years, appealing to expectant parents wishing to incorporate low-intervention approaches to birth and an appropriate use of technology in a well-considered manner. Saint Barnabas has kept pace with the trend by renovating 7 of 17 labor and delivery rooms into natural birthing rooms, holding natural birthing classes and offering private postpartum rooms to all new mothers.

Saint Barnabas obstetrician **Michelle Aristizabal, MD**, who was Ms. Deloatch’s doctor, explains that holistic childbirth doesn’t shun the use of pain medications, such as epidurals, but encourages a more “conscious pregnancy experience” that draws upon wellness techniques such as meditation, journaling and yoga and the use of complementary therapies such as chiropractic care.

“They’re still going through standard prenatal care, but they try to do so in a way that focuses more on the experience of being a mother,” says Dr. Aristizabal, who is also a childbirth educator and certified in hypno-birthing, which employs hypnosis techniques to ease the process. “If a mother is relaxed, she doesn’t experience the same fear and discomfort . . . so she can birth her baby more calmly and easily.”

Dr. Aristizabal tells patients that typical medical interventions used during childbirth, including continuous fetal monitoring and medication to speed labor, “aren’t evil or bad, but they may have more success going through a larger portion of labor without them,” she states.

For more information about Dr. Aristizabal or any Saint Barnabas Medical Center Obstetrician/Gynecologist, please call **1.888.724.7123**.



Michelle Aristizabal, MD
Obstetrician
Saint Barnabas Medical Center



Simple Blood Pressure Monitoring Helps Family Gain Piece of Mind



Robert Sommers

After months of repeated high blood pressure readings, Robert Sommers' doctors referred the 12-year-old to **M. Isabel Roberti, MD, PhD**, Director of The Barnabas Health Children's Kidney Center at Saint Barnabas Medical Center. Dr. Roberti specializes in the diagnosis and treatment of pediatric kidney disease which is often associated with high blood pressure, also known as hypertension.

Over the last few years, Dr. Roberti has seen an increasing number of children with "essential hypertension" – an elevated blood pressure that is not caused by a clinical condition or disease. "One-third of these children are obese and experiencing early onset of essential hypertension due solely to their diet and inactivity," Dr. Roberti says. She stresses that it is completely preventable.

Unlike adults whose high blood pressure can be treated through diet, exercise and medication, the higher the blood pressure in a child, the greater the likelihood of

finding an underlying cause. If left untreated, hypertension can lead to kidney disease and/or failure and can cause a stroke, heart attack, vision problems and damage to internal organs.

“When a patient, such as Robert, is referred to me for testing, I first need to determine if there is an underlying medical condition causing the higher than normal blood pressure or if it simply may be attributed to the anxiety of visiting a doctor’s office,” Dr. Roberti explains.

To do so, she prescribed a 24-hour Ambulatory Blood Pressure Monitor (ABPM), which can be worn on the belt or in the pocket, and programmed to measure and record Robert’s blood pressure during normal daytime and night time activities.

“Though it was a little awkward when the monitor went off during class, I got used to it,” Robert explained. The device did not bother him while he was asleep.

Results for the 24-hour monitoring were normal and showed that Robert did not have high blood pressure. To prevent the development of essential hypertension, Dr. Roberti and Robert’s family spoke about the importance of healthy eating and finding fun ways to get exercise.

For Robert’s mom, Marianne Sommers, the test was invaluable. “This simple test gave us one less thing to worry about. It is such a relief to know one way or the other. This test was great.”

For those children who are diagnosed with hypertension, further testing and medications can be given to prevent its harmful effects on the kidney and heart.

About The Barnabas Health Children’s Kidney Center

Started in 1996 as the first complete pediatric nephrology service in New Jersey, The Barnabas Health Children’s Kidney Center has established a reputation built on technical excellence, clinical research and advocacy for families whose children suffer renal disease, renal dysfunction and hypertension. Our experienced team strives to manage our patients’ kidney disease to prevent the need for dialysis and, if necessary, secure a kidney transplant.

The Division has performed 130 kidney transplants – more than any other facility in the state – on patients between 10 months and 19 years of age. With nearly three-quarters of their patients receiving kidneys through living donation, mostly from their parents, the program consistently exceeds national averages for both short-term and long-term graft survival rates and acute rejection rates.

To learn more, please call **973.322.5264** or visit www.barnabashealth.org/KIDneycare.



M. Isabel Roberti, MD, PhD
Director of The Barnabas Health
Children’s Kidney Center
Saint Barnabas Medical Center

Genetic Counseling Helps Women & Families Face Inherited Gynecological Cancers

It's difficult enough to confront a diagnosis of breast or ovarian cancer without also learning that the malignancies are triggered by your genes. But women who face this type of double jeopardy – or discover they're at greater inherited risk, though not ill – receive more than sound medical advice at Saint Barnabas, where a dedicated genetic counselor and other staff members guide patients through a careful diagnostic process that also lays out their many options for treatment.

Emotional concerns weigh heavily on women diagnosed with BRCA1 and BRCA2 mutations – which place them at much higher risk of developing breast or ovarian cancer – as well as those with an inherited syndrome upping the odds for colon and uterine malignancies. Yet even in the midst of wading through the physical and mental ramifications, science is still uncovering who may be affected.

“It's interesting – you'll see patients you're sure have the gene, because every woman in their family had breast cancer, but they come up negative,” says M. Michele Blackwood, MD, director of

Known Risk Factors

About 70% of cancer occurrences are sporadic, while 15% to 20% are found in family clusters (though not linked to a gene), and the final 10% are inherited cancers caused by a gene, says Saint Barnabas genetic counselor Melanie Roberts. Who is tested for hereditary forms of breast cancer?

- ▶ Women diagnosed before age 50
- ▶ Those with three or more cases of breast cancer within an extended family
- ▶ Any woman diagnosed with ovarian cancer
- ▶ Women of Ashkenazi Jewish ancestry who have breast or ovarian cancer
- ▶ Males of any age diagnosed with breast cancer
- ▶ Those diagnosed with 2 or more types of primary (*independent*) cancers or a rare cancer

breast health and disease management. “But genes account for only between 5% and 10% of breast cancers we see. There’s so much more we need to learn about this – I think we’re at the tip of the iceberg with all of it.”

A simple blood test or saliva sample can discern who has an inherited gene mutation linked to higher cancer risk. But despite the greater odds – 60% of those with BRCA mutations will develop breast cancer, for example, while up to 44% will get ovarian cancer – biology doesn’t always equal destiny.

Indeed, quite a few women counseled at Saint Barnabas are BRCA-positive but have no sign of disease, Dr. Blackwood says. For them, as well as those diagnosed with cancer, their options are extensive.

What’s Next?

Some women with BRCA mutations but no cancer are counseled to pre-emptively have their breasts and ovaries removed, with the latter surgery reserved for those who have completed childbearing. Also, a bilateral mastectomy is often advised for young women with genetic breast cancer in one breast – since their chances of developing a malignancy in the remaining breast over the following five years is relatively high – though some opt for continued, rigorous screening.

But newer research indicates that removing just the ovaries – whose estrogen production can fuel some cancers – may be sufficient to help prevent breast cancer in certain women with BRCA mutations. This approach that can be combined with other preventive measures includes taking birth control pills, which cuts ovarian cancer risk, or tamoxifen, which can block estrogen.

And some measures focus on preserving fertility while aggressively stopping cancer from developing, says **Thad Denehy, MD**, associate director of the Division of Gynecologic Oncology & Reconstructive Pelvic Surgery.

“Some women are harvesting their eggs and freezing them,” Dr. Denehy says. “For years, they could only freeze embryos, but now we’re seeing women with no partners who want to decrease their risk of ovarian cancer, so they bank their eggs and have their ovaries removed. It’s an option that didn’t exist a few years ago.”

While much of counseling focuses on medical aspects such as risk odds and preventive measures, a good chunk is devoted to talking about who should be told about family risks and what they really mean, Ms. Roberts says. It’s her job to discuss risk factors for cancer, the genetic testing process, and available risk-reduction options with patients who are found to test positive for a BRCA gene.

“In the genetic counseling process, there is a lot of decision-making,” she says. “I try to be non-directive – it’s the patient’s decision whether or not to proceed with genetic testing, as some patients would rather not know this information.”

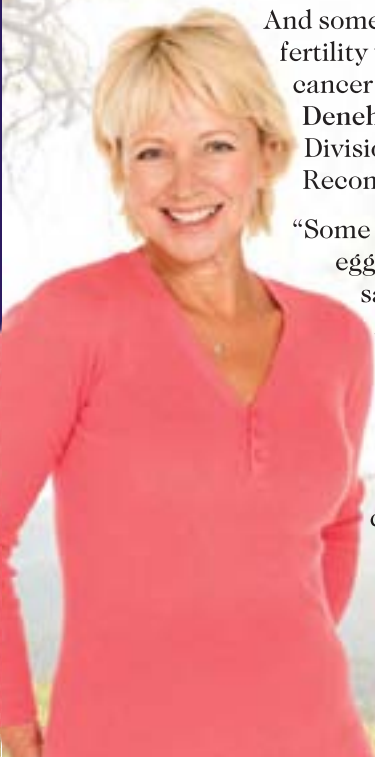
Mining the Family Tree

Beyond that, doctors are finding one advantage to BRCA-triggered breast cancers, which are more sensitive to the effects of chemotherapy, Dr. Denehy says. While the presence of genetic mutations doesn’t dictate that more aggressive cases will result, certain treatments can “exploit” the gene defect, leading to higher survival rates.

“The good news is, BRCA-associated ovarian cancers seem to respond better to chemo and get an even better response, more than regular chemo,” he says.

Dr. Denehy advises patients to probe their family’s health history, learning as much as possible about cancers that struck prior generations. Because people in earlier eras were much less likely to talk about their maladies, they might have called ovarian cancer “stomach cancer,” for example, unintentionally misleading future family members. “Be very aware of your family tree. You have to be very attuned to your family history.”

For more information about Genetic Counseling, contact Melanie Roberts, at **973.322.2822**.



M. Michele Blackwood, MD
Director of Breast Health
and Disease Management
Saint Barnabas Medical Center



Thad Denehy, MD
Associate Director of the Division of
Gynecologic Oncology
Saint Barnabas Medical Center

Awards and Accolades



Top Performer on Key Quality Measures from the Joint Commission.

The Medical Center was one of the 405 hospitals recognized in the United States out of 3,099.

Best Regional Hospitals U.S. News & World Report for 2012-2013 for the areas of

- Cancer
- Geriatrics
- Gynecology
- Kidney Disorders
- Neurology and Neurosurgery
- Urology



Excellence In Quality Improvement Award from New Jersey Hospital Association

Establishing a Family Advisory Council to Improve Patient and Family Experiences in the NICU

Academic Center of Excellence in Women's Health (the first in NJ)

American Heart Association Get With The Guidelines®—Heart Failure

Bronze Quality Achievement Award

Society for Thoracic Surgeons – 3-Star Rating

Top 15% in the Nation

The International Board of Lactation Consultant Examiners (IBLCE) and The International Lactation Consultant Association (ILCA)

Award for Promoting and Supporting Breastfeeding

New Jersey Business and Industry Association

Barnabas Health 2011 Outstanding Employer Award

AARP Best Employers for Workers Over 50

Top Doctors

Over 190 Saint Barnabas Medical Center Physicians Listed as Top Doctors by New Jersey Monthly

#1 for Breast Cancer Care*

#1 for Prostate Cancer Care*

#1 for High Risk Pregnancy*

#2 Overall Hospital in NJ*

**Inside Jersey Magazine April 2012*

The Only Hospital in NJ and NYC to Exceed National Average in Patient Safety.**

*** Consumer Reports Patient Safety Report 2012*

Joint Commission Certifications

Primary Stroke

Heart Failure

Total Hip Replacement

Total Knee Replacement

Acute Coronary Syndrome

Cancer Center Accreditation

The Cancer Center at Saint Barnabas Medical Center was the first oncology practice in New Jersey and one of the first oncology practices in the nation to be recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program, an affiliate of the American Society of Clinical Oncology (ASCO). The QOPI® Certification Program is a new initiative to certify oncology practices that meet rigorous standards for high-quality cancer care.

The Cancer Center received three-year approval with Commendation from the American College of Surgeons Commission on Cancer.

Awards and Accolades (continued)



Breast Cancer Accreditation

Saint Barnabas Medical Center received a three-year, full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance.

The Stroke Center Accreditation

The Stroke Center at Saint Barnabas Medical Center is a Comprehensive Stroke Center designated by the NJ Department of Health and Senior Services. The Stroke Center is also The Joint Commission certified.

Level 4 Epilepsy Centers Designation

Saint Barnabas Medical Center has been designated a Level 4 Epilepsy Center by the National Association of Epilepsy Centers. Level 4 centers are recognized for providing the most complex intensive neurodiagnostic monitoring and treatment.

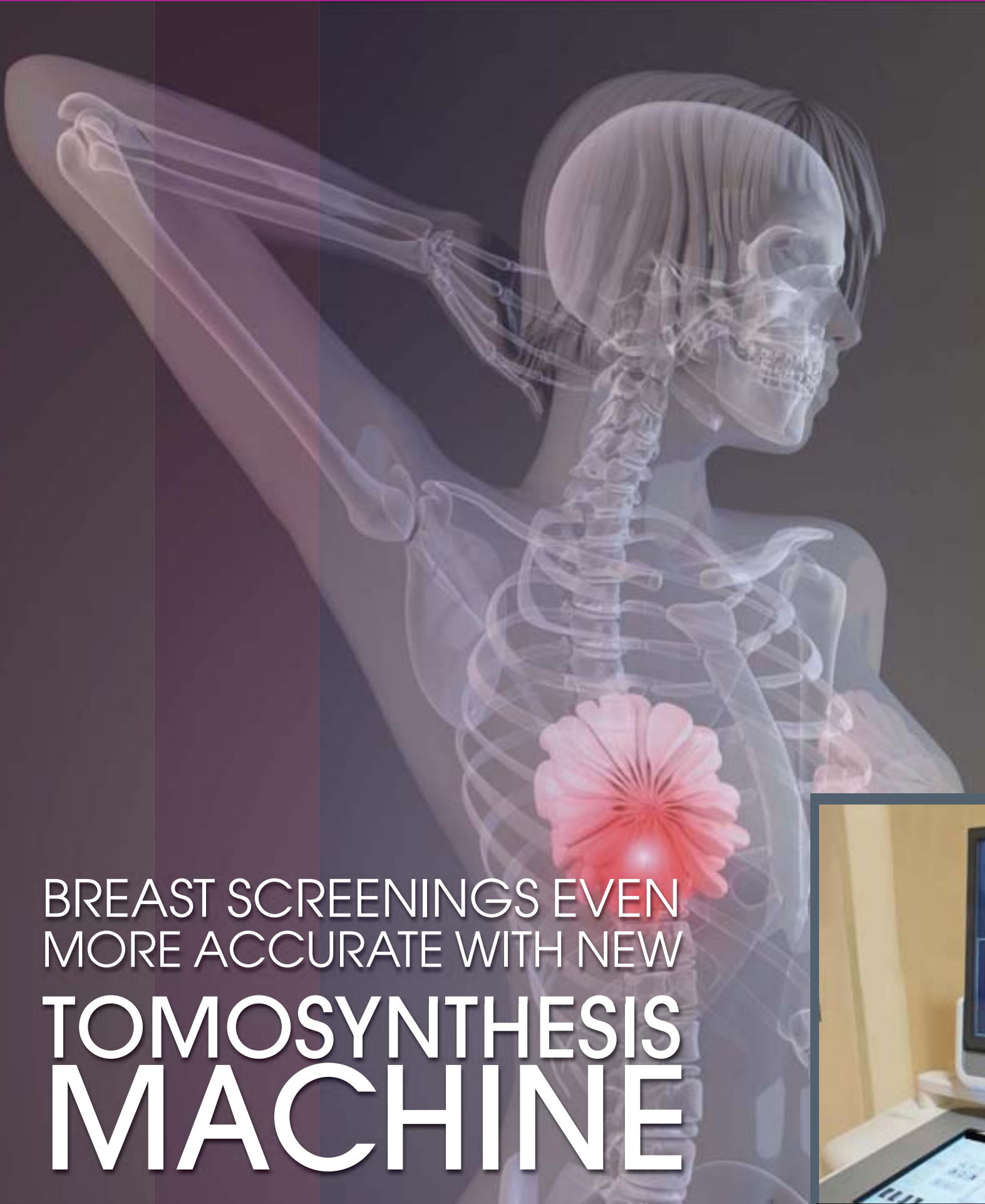
Children's Services Recognition

Saint Barnabas Medical Center is part of the National Association of Children's Hospitals and Related Institutions.

Weight Loss Surgery Center of Excellence Designation

The Weight Loss Institute of New Jersey is a Center of Excellence in Bariatric Surgery as designated by the American Society for Metabolic and Bariatric Surgery.





BREAST SCREENINGS EVEN MORE ACCURATE WITH NEW
TOMOSYNTHESIS MACHINE

Not all breasts are created equal – in size, obviously, but also in density and other characteristics that can make interpreting mammogram results challenging. That’s why staff members and patients at the Barnabas Health Breast Center have welcomed the purchase of cutting-edge technology that presents another layer of accuracy in the effort to correctly diagnose breast cancer and other irregularities.

A new, \$500,000 digital breast tomosynthesis (DBT) machine was added to the center last May, complementing an array of existing equipment that includes six digital mammography devices as well as ultrasound and MRI machines.

As one of the largest breast centers in the country, performing up to 200 mammograms each day, the Barnabas Health Breast Center is excited and proud to keep pace with state-of-the-art advancements in screening and diagnosis, medical director and breast radiologist **Linda M. Sanders, MD**.

Mammography is considered the gold standard for breast screening. However, a mammographic image is composed of superimposed structures which may give rise to a density which may be misinterpreted as a true nodule. DBT takes tomographic “slices” of the breast which may be viewed individually by the radiologist, aiding in distinguishing overlapping tissues from a real process.

Sometimes the mammographer cannot tell if a density on the images is real, or just a superimposition of tissues. Tomography can help answer that question, says Dr. Sanders. Therefore, it can reduce the number of women recalled for additional images for superimposed densities. Also, it can help us locate a lesion within the breast with greater accuracy.

About 1 in 10 women receiving screening mammograms need further imaging to rule out or confirm the presence of cancer, and DBT can be used to answer the question of whether a density seen on mammogram is due to superimposed tissues or a real abnormality. But because the procedure requires an additional – albeit small – dose of radiation, Dr. Sanders doesn’t advocate breast tomosynthesis for every patient undergoing a routine mammogram.

She strongly recommends breast MRI – which uses radiofrequency pulses instead of radiation – as a follow-up scan for women at higher risk of breast cancer and/or those with dense breasts, which make it more difficult to visualize hidden nodules or lesions. The main issue with MRI screening in high risk women is the cost, which far exceeds mammography. Also, since it is the most sensitive test to identify breast abnormalities, it may identify benign processes which require attention. This latter problem is known as its “false positive” rate.

The bottom line, regardless of whether DBT is used or not during screening mammography, is that any woman, depending upon her age and risk factors, should make sure that she is up to date with all recommended screening exams. Dr. Sanders emphasizes that the patient should be aware that a technically excellent mammogram requires excellent breast compression. The compression may even be slightly uncomfortable for a moment. But good compression yields a better image for the radiologist to interpret, and prevents blurriness from patient motion.



Digital breast tomosynthesis machine.



Dr. Sanders reviewing images.



November–December 2012

SAINT BARNABAS COMMUNITY CALENDAR EVENTS

Those interested in learning more about the latest programs and services offered by Saint Barnabas Medical Center and Barnabas Health Outpatient Centers can sign up for our free, monthly E-newsletter by visiting tinyurl.com/sbmcnews, emailing santon@barnabashealth.org or calling 973.322.5425.

For a complete list of programs and to register online, please visit: www.barnabashealthcalendar.org/sbmc

PROGRAM LOCATIONS:

Saint Barnabas Medical Center
94 Old Short Hills Road, Livingston, NJ

Barnabas Health Ambulatory Care Center
200 South Orange Avenue, Livingston, NJ

Leon & Toby Cooperman JCC MetroWest
760 Northfield Avenue, West Orange, NJ
(programs are open to the general public)

SIBLINGS CLASS

November 4; 9:00 am

Saint Barnabas Medical Center

Women's Health/Parent Education offers a class for the whole family which is designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. The fee is \$40 per family. Free, registration required: 973.322.5360.

HEALTHY BONES EXERCISE PROGRAM

November 5, 12, 19, 26; 2:00 to 4:00 pm

November 7, 9, 14, 16, 21, 23, 28, 30; 10 am to 12 pm

Barnabas Health Ambulatory Care Center

Project Healthy Bones is an exercise and education program for older men and women at risk for, or who have, osteoporosis. Free, to register: 973.322.7830.

HEALTHY LIFE WEIGHT MANAGEMENT PROGRAM FOR KIDS, TEENS AND PARENTS

November 6

Barnabas Health Ambulatory Care Center

The Healthy LIFE program is a comprehensive family-based program that teaches key behavioral skills and nutritional knowledge for long-term weight management (mindful eating, hunger, fullness, portion control, shopping, eating out, holidays, physical activity planning). There is a fee for the program. To learn more or register: dgill@barnabashealth.org or 973.322.7620.

PETS AND BABIES CLASS

November 6; 7:30 pm

Saint Barnabas Medical Center

Women's Health/Parent Education offers this informative seminar which includes tips on introducing the family pet to the new baby. Ways to reduce pet jealousy, pet proofing the baby's room and disease precautions are also addressed. A fee applies. Registration required; 973.322.5360.

NEW MOMS' CIRCLE

November 5, 12, 19, 26; 10:00 to 11:30 am

Leon & Toby Cooperman JCC MetroWest

Women's Health/Parent Education offers a free six-week support group that is led by a licensed clinical psychologist specializing in post partum adjustment. Topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. Free, registration required: 973.322.5360.

BREASTFEEDING SUPPORT GROUP

November 5, 12, 19, 26; 11:30 am to 12:30 pm

Leon & Toby Cooperman JCC MetroWest

Women's Health/Parent Education sponsors this free workshop to help you achieve the confidence and skills you need for a satisfying nursing experience. Newborns in car seats or strollers are welcome. Free, registration required: 973.322.5360.

MATERNITY ORIENTATION

November 7; 7:30 pm

Islami Auditorium, Saint Barnabas Medical Center

Women's Health/Parent Education offers this free seminar, designed for expecting mothers interested in or planning to deliver at Saint Barnabas, on the first Wednesday of every month. Free, registration not required.

PERINATAL BEREAVEMENT SUPPORT GROUP

November 7; 7:30 to 9:00 pm

Saint Barnabas Medical Center

Those who have experienced a loss during pregnancy or the death of a newborn often benefit from sharing their distress and receiving support from others who have suffered a similar tragedy. The group offers this support to help parents come to terms with their grief. Meetings are usually held the first Wednesday of each month.

Free, registration required: 973.322.5745.

WEIGHT LOSS SURGERY OPTIONS*November 7; 6:00 pm**Barnabas Health Ambulatory Care Center*

Saint Barnabas's Bariatric Surgery Center of Excellence is led by accomplished laparoscopic bariatric surgeons who are respected members of the American Society for Metabolic and Bariatric Surgery. Our goal is to develop a relationship with you and support you throughout your journey to better health. If you have tried and failed to lose weight, have a BMI of over 40 or a BMI of over 35 with obesity-related medical problems or are 80-100 pounds overweight, bariatric surgery may be the solution.

Free, registration required: 973.322.7433.

OSTEOPOROSIS SUPPORT GROUP*November 8, 11:30 am to 12:30 pm**Barnabas Health Ambulatory Care Center*

A monthly Osteoporosis Support Group to talk about topics such as exercise, nutrition, pharmacologic management and the latest in osteoporosis trends.

Free, to register: 973.322.7830.

POWER OF SLEEP*November 12; 1:00 pm*

Leon & Toby Cooperman JCC Ross Family Campus Mangala Nadkarni, MD, a board certified neurologist, sleep specialist and Medical Director of The Center for Sleep Disorders, will provide an overview of sleep and common sleep disorders and explain how sleep disorders can impact one's daily life. Free, open to all.

Registration is required: 973.530.3480 or gordon@jccmetrowest.org.

MEN'S HEALTH*November 13; 10:00 to 11:00 am**Leon & Toby Cooperman JCC MetroWest*

Peter M. Pasley, MD, an internist and Medical Director of the Saint Barnabas Multi-Specialty Practice of Westfield, will discuss and answer questions pertaining to men's health. Free, registration required: 973.322.5620 or

www.barnabashealthcalendar.org/sbmc.

HOLIDAY "DROP IN" BEREAVEMENT SUPPORT GROUP*November 13, 20 and 27; 6:30 to 8:00 pm**Interfaith Chapel, Saint Barnabas Medical Center*

A compassionate, caring and supportive drop-in holiday support group for those who have lost a loved one is being offered by the Pastoral Care Department. The sessions will be held on Tuesday evenings from November 13 to January 8 (excluding December 25 and January 1). The non-sectarian group will discuss issues of guilt vs. regret, anger, handling pain and sadness, communicating with friends and family as well as adjusting to life changes especially around the holidays.

Participants need not register, however they may address questions about the group to the Department of Pastoral Care by calling 973.322.5015.

RELAXING BIRTH CLASS*November 13; 7:00 to 9:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education offers this mini-workshop specifically for those who plan to use the Natural Birthing Room at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. A previous Childbirth Preparation class and approval from your obstetrician to use our Natural Birthing Rooms are required to take this class.

A fee applies. Registration requested: 973.322.5360.

GRANDPARENTING SEMINAR*November 13; 7:30 to 9:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education holds a Grandparenting Seminar which allows grandparents-to-be to discuss their concerns and receive information on the importance of grandparenting, advancements in childbirth, trends and changes in infant care and family communication.

A fee applies. Registration requested: 973.322.5360.

BREASTFEEDING BASICS*November 13 or 27; 7:00 to 9:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education offers a prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born.

A fee applies. Registration required: 973.322.5360.

CELIAC SUPPORT GROUP*November 13; 6:30 to 8:00 pm**Barnabas Health Ambulatory Care Center, Lower Level Cafe*

The Kogan Celiac Center invites you to its Holiday Potluck! Time to try out new recipes for the holidays, or just show off some tried and true favorites! The price of admission is a dish of your favorite gluten-free holiday food! Please bring copies of recipes and ingredient lists for those with other allergies and intolerances. Free, to register: 973.322.7272 or koganceliaccenter@barnabashealth.org.



THE WEEKEND WARRIOR*November 15; 7:00 to 8:00 pm**Leon & Toby Cooperman JCC MetroWest*

Get tips and insight from John Z. Shumko, MD, a Sports Medicine Physician at Saint Barnabas, on how to best prevent injury and stay active.

Free, registration required: 973.322.5620.

A HEART HEALTHY DIET APPROACH FOR THE HOLIDAYS*November 15; 11:00 am to 12:00 pm**Barnabas Health Ambulatory Care Center,**Conference Room A*

The holiday season can bring many temptations to our diet. Find out healthy cooking options for your holiday meals. Also, learn how to read a food label with a heart-healthy approach when shopping for ingredients for your favorite recipes. Be sure to bring one or two holiday recipes with you to this session. Healthy cooking replacements and options for your favorite meals and desserts will be provided.

Free, to register: 1.888.724.7123.

FREE KIDNEY TRANSPLANT PATIENT SYMPOSIUM*November 19; 6 to 8 pm**Saint Barnabas Medical Center*

Kidney transplantation is considered the best long-term treatment option for patients with chronic kidney disease who are either on or approaching dialysis. The Renal and Pancreas Transplant Program invites those who wish to learn more about transplantation to attend its upcoming patient symposium.

The informal program will provide those interested in pursuing transplantation, already on a transplant waiting list or receiving dialysis with an update regarding advances in transplantation. Members of Saint Barnabas's nationally respected and experienced team will address questions that people may have about kidney transplantation.

Free, registration required: 1.888.724.7123 or visit www.transplantkidney.org.

CHILDBIRTH PREPARATION CLASS*November 26, 28, 29; 7:15 to 9:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education offers this class for first-time parents to help prepare for pregnancy, labor and delivery and provide instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; condensed weekend series are available.

A fee applies. Registration required: 973.322.5360.

LUMBAR DISC HERNIATIONS AND TREATMENT OPTIONS*November 28; 7:00 to 8:00 pm**Leon & Toby Cooperman JCC MetroWest*

Concerned about the health of your back? Ilya Kupershtein, MD, an Orthopedic Surgeon from The Spine Institute, will discuss prevention and treatments of back pain, including techniques to maintain a healthy back and the latest treatments available for those who suffer from an injury.

Free, registration required: 973.322.5620.

MARVELOUS MULTIPLES*December 1; 9:00 am to 3:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education offers a course for couples expecting a multiple birth. Due to the possibility of activity limitation, you should register as early as possible. Program covers childbirth preparation, newborn baby care and includes a tour of labor and delivery. **A fee applies.**

Registration requested: 973.322.5360.

SIBLINGS CLASS*December 2; 9:00 am**Saint Barnabas Medical Center*

Women's Health/Parent Education offers a class for the whole family which is designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. The fee is \$40 per family. **Free, registration required: 973.322.5360.**

HEALTHY BONES EXERCISE PROGRAM*December 3, 10, 17, 24, 31; 2:00 to 4:00 pm**December 5, 7, 12, 14, 19, 21, 26, 28; 10 am to 12 pm**Barnabas Health Ambulatory Care Center*

Project Healthy Bones is an exercise and education program for older men and women at risk for, or who have, osteoporosis. **Free, to register: 973.322.7830.**

WOMEN'S HEALTH AND ROBOTIC SURGICAL OPTIONS*December 4; 7:00 to 8:00 pm**Leon & Toby Cooperman JCC MetroWest*

Your health is so important. Thad R. Denehy, MD, associate director of the Division of Gynecologic Oncology, will review what screenings you need and what treatment is available if needed. **Free, registration required: 973.322.5620 or www.barnabashealthcalendar.org/sbmc.**

HOLIDAY "DROP IN" BEREAVEMENT SUPPORT GROUP*December 4, 11 and 18; 6:30 to 8:00 pm**Interfaith Chapel, Saint Barnabas Medical Center*

A compassionate, caring and supportive drop-in holiday support group for those who have lost a loved one is being offered by the Pastoral Care Department. The sessions will be held on Tuesday evenings from November 13 to January 8 (excluding December 25 and January 1). The non-sectarian group will discuss issues of guilt vs. regret, anger, handling pain and sadness, communicating with friends and family as well as adjusting to life changes especially around the holidays.

Participants need not register, however they may address questions about the group to the Department of Pastoral Care by calling 973.322.5015.

LAMAZE REFRESHER**December 4; 6:45 pm***Saint Barnabas Medical Center*

Women's Health/Parent Education offers this review on breathing and relaxation skills for couples who previously attended a prepared childbirth series during a prior pregnancy. **A fee applies. Registration requested: 973.322.5360.**

CELIAC SUPPORT GROUP**December 4; 6:30 to 8:00 pm***Barnabas Health Ambulatory Care Center, Lower Level Cafe*

In celebration of its fifth holiday season, The Kogan Celiac Center invites patients to enjoy a holiday dinner to usher in 2013! **Free, to register: 973.322.7272 or koganceliaccenter@barnabashealth.org.**

NEW MOMS' CIRCLE**December 3, 10, 17, 24; 10:00 to 11:30 am***Leon & Toby Cooperman JCC MetroWest*

Women's Health/Parent Education offers a free, six-week support group that is led by a licensed clinical psychologist specializing in post partum adjustment. Topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. **Free, registration required: 973.322.5360.**

BREASTFEEDING SUPPORT GROUP**December 3, 10, 17, 24; 11:30 am to 12:30 pm***Leon & Toby Cooperman JCC MetroWest*

Women's Health/Parent Education sponsors this free workshop to help you achieve the confidence and skills you need for a satisfying nursing experience. Newborns in car seats or strollers are welcome.

Free, registration required: 973.322.5360.**MATERNITY ORIENTATION****December 5; 7:30 pm***Islami Auditorium, Saint Barnabas Medical Center*

Women's Health/Parent Education offers this free seminar, designed for expecting mothers interested in or planning to deliver at Saint Barnabas, on the first Wednesday of every month. **Free, registration not required.**

PERINATAL BEREAVEMENT SUPPORT GROUP**December 5; 7:30 to 9:00 pm***Saint Barnabas Medical Center*

Those who have experienced a loss during pregnancy or the death of a newborn often benefit from sharing their distress and receiving support from others who have suffered a similar tragedy. The group offers this support to help parents come to terms with their grief. Meetings are usually held the first Wednesday of each month. **Free, registration required: 973.322.5745.**

WEIGHT LOSS SURGERY OPTIONS**December 5; 6:00 pm***Barnabas Health Ambulatory Care Center*

Saint Barnabas Bariatric Surgery Center of Excellence is led by accomplished laparoscopic bariatric surgeons who are respected members of the American Society for Metabolic and Bariatric Surgery. Our goal is to develop a relationship with you and support you throughout your journey to better health. If you have tried and failed to lose weight, have a BMI of over 40 or a BMI of over 35 with obesity-related medical problems or are 80-100 pounds overweight, bariatric surgery may be the solution. **Free, registration required: 973.322.7433.**

BREASTFEEDING BASICS**December 11 or 18; 7:00 to 9:30 pm***Saint Barnabas Medical Center*

Women's Health/Parent Education Department offers a prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born.

A fee applies. Registration required: 973.322.5360.**OSTEOPOROSIS SUPPORT GROUP****December 13, 11:30 am to 12:30 pm***Barnabas Health Ambulatory Care Center*

A monthly Osteoporosis Support Group to talk about topics such as exercise, nutrition, pharmacologic management and the latest in osteoporosis trends. **Free, to register: 973.322.7830.**

RELAXING BIRTH CLASS**December 16; 9:00 to 11:30 am***Saint Barnabas Medical Center*

Women's Health/Parent Education offers this mini-workshop specifically for those who plan to use the Natural Birthing Room at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. A previous Childbirth Preparation class and approval from your obstetrician to use our Natural Birthing Rooms are required to take this class. **A fee applies. Registration requested: 973.322.5360.**



IS MEMORY LOSS A NORMAL PART OF AGING?

Ronald Regan was one of the first celebrities to publicly announce and discuss his personal diagnosis and struggle with Alzheimer's disease. That admission immediately catapulted Alzheimer's disease into the public spotlight putting it in the forefront of the American consciousness. Alzheimer's disease may be the most common form of dementia but it is only one of a spectrum of disease that impacts cognitive/mental function.

As a person gets older, he made need a little more time to process new material, may occasionally forget where he left his keys or may need to write down a list of reminders for tasks; those are all normal parts of aging. However, memory loss is not considered a normal part of the aging process. "Individuals who are experiencing memory loss should consult a physician to have a thorough physical exam which includes a complete history and physical, blood work and possibly brain imaging," states **Theresa M. Redling, DO, FACP**, geriatrician and the new medical director for Saint Barnabas Medical Center's Center for Geriatric Health and Disease Management. "Not being able to recall significant events in one's life or requiring assistance in daily activities is cause for concern," she continues. Age and family history are considered risk factors for Alzheimer's dementia and related disorders. Cognitive impairment can be caused by a number of conditions including, stroke, depression, adverse medication reactions and Parkinson's disease or Lewy Body Dementia among others. Pure memory impairment (mild cognitive impairment- MCI) should not be mistaken for dementia, a condition where basic functional activities are affected by abnormal brain function. However, MCI needs

to be regularly monitored for worsening functional decline and potential development of Alzheimer's Dementia over time. Early diagnosis and treatment is extremely important with any of these disorders. Once a diagnosis of dementia is made, the individual may be referred to a neuropsychologist or geriatric psychiatrist, both professionals that specialize in identifying and treating cognitive changes in the elderly. With improvements in technology, medications and therapies, individuals may be able to slow the progression of their disease. At a minimum, it provides the individual and family opportunities for advanced care planning and preparation for the future.

When faced with the diagnosis of dementia, whether it is Alzheimer's, or another form of dementia, it is important to realize that there is a tremendous amount of support available in the community and now at Saint Barnabas Medical Center, for both the individual diagnosed with the disease as well as the care-givers. Dementia is a family illness. "As the dementia progresses, caregivers need to take the time to care for themselves without feeling guilty about getting self-time. When possible, it is also important to share the care-giving with other members of the family so as not to burn out," said Dr. Redling.

For more information or to make an appointment with Dr. Redling at The Geriatric Health Center, 101 Old Short Hills Road, Suite 302, West Orange, NJ, please call **973.322.6457**.



Theresa M. Redling, DO, FACP
Geriatrician and Medical Director
Saint Barnabas Medical Center's Center for
Geriatric Health and Disease Management

WIDE-RANGING BLOOD VESSEL

PROBLEMS TACKLED AT VEIN CENTER



As a pharmaceutical sales rep, Allyson Porfido spends a lot of time on her feet or driving in her car – activities that both aggravated a painful varicose vein on her leg. Swollen, hot and tender to the touch, the bulging vein developed during her two pregnancies, but Ms. Porfido learned she didn't have to put up with the discomfort any longer after a visit to The Vein Center at Saint Barnabas.

The center, staffed by interventional radiologists **Michael Kaplan, MD**, and **Robert Kamieniecki, MD**, treats a wide range of vein conditions ranging from the cosmetic – such as spider veins – to the more serious, including skin ulcers and pelvic congestion syndrome. While legs are the most common target, all problems result from veins that aren't working properly to circulate blood and can affect people of both genders and all ages.

"If there's anything typical about each patient, it's that they have some sort of pain or something visually bothersome that they believe is related to vein disease," Dr. Kamieniecki says. "We treat the full spectrum of venous disorders – not just the superficial, and certainly not just the cosmetic. We go beyond what many clinics and boutiques will treat."

Ms. Porfido, like all Vein Center patients, underwent a standard set of diagnostic tests that included a Doppler ultrasound, which uses reflected sound waves to map out blood flow through the veins in her leg. To solve her problem, a large vessel extending from her upper thigh to her calf was treated last winter with radiofrequency (RF) ablation, which employs heat to collapse leaky veins.

"I have no pain, no nothing, so I'm ecstatic," says the Waldwick resident, 37, noting that she went skiing shortly after the procedure. "I couldn't be happier with everyone at the center, even the anesthesiologist and nurses who worked together with Dr. Kaplan's team to make sure it was a good experience."

Unlike years ago, when long incisions were used to "strip" malfunctioning veins from patients' problem areas, most current treatments involve only minimal pain or scarring, re-routing blood flow to healthy veins nearby.

"Today, new technology . . . can close veins without having surgery," Dr. Kaplan states. "It's a lot less invasive than it used to be. Anyone we treat walks out and is back to work the next day."

"The majority of patients experience dramatic relief of pain and what they often call heaviness or fullness after closing veins," he adds. "Cosmetically, their bulging varicose veins disappear. And the skin ulcer patients – whose condition can be very stubborn – usually heal within a few weeks, whereas it could take years to heal without treatment."

TAKING CARE OF TRICKY VEINS

Most varicose veins or other venous disorders can be treated with quick, minimally invasive procedures at The Vein Center. Here's a glossary of treatments available:

- ▶ Radiofrequency (RF) ablation: Uses heat to close a leaky vein, usually in the leg.
- ▶ Laser vein closure: Uses laser energy to close shorter veins called perforators.
- ▶ Foam and liquid sclerotherapy: Seals spider veins and curvy veins using an injected liquid or foam.
- ▶ Vein removal for venous reflux disease: Removes visible, bulging veins through needle-sized incisions.

For more information or to contact the Vein Center, call **973.322.6606**.



Michael Kaplan, MD
Interventional Radiologist
Saint Barnabas Medical Center



Robert Kamieniecki, MD
Interventional Radiologist
Saint Barnabas Medical Center

Taking Charge of Your MENTAL HEALTH

*Barnabas Health Behavioral Health Network Provides
Full Spectrum of Treatment Options*

As one in two Americans – or 44 million adults and 13.7 million children has a diagnosable mental disorder each year, chances are someone you know suffers from a mental illness. Due to perceived stigma and lack of diagnosis, fewer than half of adults and one-third of children seek help and they suffer in silence. The good news is that 80 to 90 percent of mental disorders are treatable using medication and other therapies.

Barnabas Health Behavioral Health Network is a leader in mental health and substance abuse treatment in New Jersey and an affiliate of Barnabas Health, the state's largest health care delivery system. The Network offers clients, their families and caregivers unparalleled access to a full continuum of behavioral healthcare services, substance abuse treatments and medical care.

Through the Behavioral Health Network, Barnabas Health facilities – like Clara Maass and Newark Beth Israel Medical Centers – seamlessly integrate behavioral health care and medical services to ensure each patient receives comprehensive and effective care. Services spanning the Network include inpatient, intensive outpatient and outpatient programs for children, adolescents, adults and older adults.

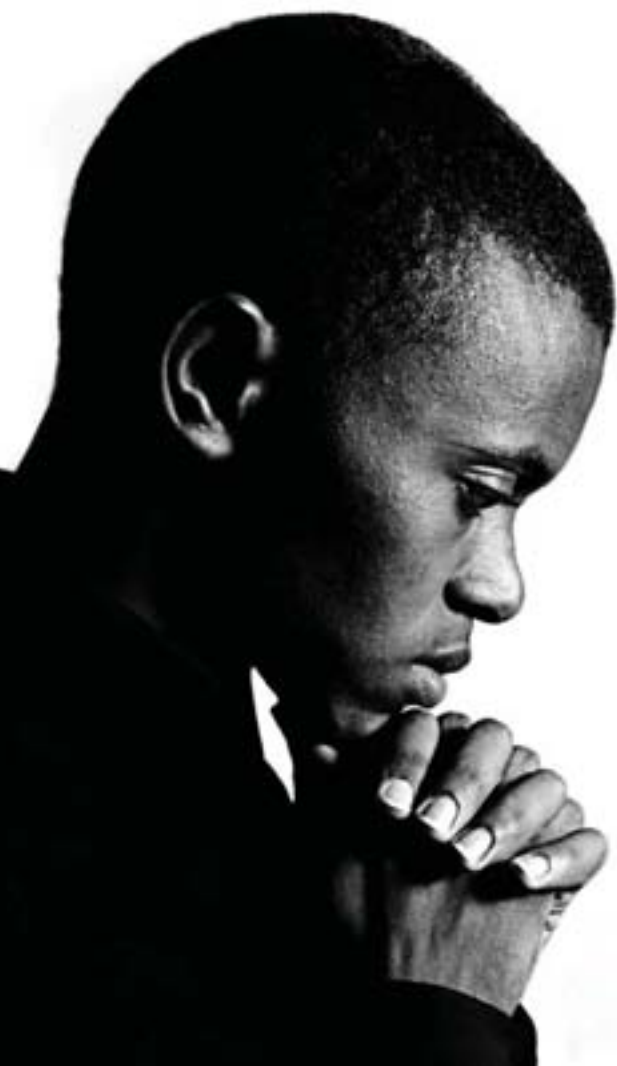
▶ Clara Maass Medical Center

The new Geriatric and Adult Inpatient Behavioral Health Unit at Clara Maass Medical Center (CMMC) addresses the needs of the growing population of individuals aged 65 and older. Located on-site at CMMC in the Continuing Care Building, the 22-bed voluntary unit complements the Medical Center's existing 20-bed behavioral health involuntary inpatient unit.

Treatment teams, led by a board-certified psychiatrist, psychiatric nurses, clinical social workers and adjunct therapists, work together to provide intensive programming and treatment services specifically designed for geriatric and adult patients. The multidisciplinary team develops exclusive treatment plans to help stabilize patients suffering from diagnoses such as dementia, depression, severe anxiety, bipolar disorder and psychosis. The team takes into account co-existing medical illnesses and medications, dietary needs, family issues and social concerns and integrates them into a holistic treatment approach.

According to Joe Hicks, president and chief executive officer, Barnabas Health Behavioral Health Network, “We recognize the increasing number of aging adults afflicted with mental health conditions and the likelihood for a continued surge. Our comprehensive treatment approach addresses the full range of conditions that may become increasingly common with age and life changes.”

Lina Shihabuddin, MD, medical director, Behavioral Health Services, Clara Maass Medical Center, says that as the general population ages, many adults are faced with



new behavioral health challenges, including adjustment disorder, dementia, loss of independence or losing loved ones. “Clara Maass has a very active social work team that helps families transition patients into more supervised settings to provide them with the support they need,” she said.

In addition to these behavioral health services, the Emergency Department at Clara Maass is staffed 24-hours a day, 7 days a week with psychiatric crisis workers.

▶ Newark Beth Israel Medical Center

As mental illness does not discriminate, even the very young can be affected by a mental or behavioral health condition. The Behavioral Health Program at Newark Beth Israel Medical Center (NBIMC) is committed to reaching out to anyone in need of mental health services and helping those individuals return to better mental health and a more satisfying existence. The programs address mental health issues that cover the entire spectrum, from anxiety disorders, depression and adjustment disorders, to chronic or persistent mental illness. Some conditions require brief outpatient care while others require intensive inpatient treatment followed by ongoing outpatient care.

“Our goal is to provide the most efficient, high quality, comprehensive, culturally sensitive and compassionate care to our patients and improve the overall health of our community,” said **Trevor Forbes, MD**, chairman for the Department of Psychiatry, Newark Beth Israel.

Programs for Children and Adolescents

Children’s Crisis Intervention Service (CCIS) - provides acute psychiatric care in a supportive, structured inpatient setting for children ages 5 through 17 in severe crisis. The CCIS is the only unit licensed by the New Jersey State Department of Health.

The Therapeutic Learning Center (TLC) – an intensive outpatient program serving children ages 4 through 11 who exhibit behavioral problems indicative of emotional disturbance or psychiatric disorder.

Child and Adolescent Outpatient Program - provides quality voluntary behavioral health treatment for those ages 5 through 18. Individual, family and group therapy are utilized to assist children and families achieve optimal functioning.

Adult Programs


Psychiatric Emergency Screening Service – the state-designated emergency screening service for Essex County provides crisis intervention, stabilization, mobile outreach, crisis hot line and family crisis services 24 hours a day, seven days a week through the Emergency Department or by calling **973.926.7416**.

Adult Inpatient Programs - meets the needs of patients suffering from anxiety, depression, bipolar disorder, psychosis, personality disorders, schizophrenia and other diagnoses.

Dual Diagnosis Clinical Track - led by a board-certified psychiatrist, the program incorporates psychiatric treatment with drug/alcohol education and utilizes a Twelve-step model.

Partial Hospitalization Program – provides intensive, structured support to clients with major psychiatric disorders including major depression, bipolar disorder, psychotic disorders and dual diagnosis

Outpatient Programs – a complete range of outpatient counseling services, including individual, group and family/couples therapy at the medical center



As depression affects all people regardless of age, geographic location, demographic or social position, recognizing the signs is critical:

1. Irritability
2. Apathy – no emotion, withdrawn, isolation, slowing down
3. Social withdrawal – avoidance of social interaction
4. Prominent loss of interest and pleasure in activities
5. Signs of functional impairment or unexplained functional decline
6. Psychomotor retardation – sense of things being in slow motion, lack of motivation
7. Anhedonia – inability to gain pleasure from normally pleasurable experiences

CONTACT INFORMATION
Clara Maass Medical Center
1.800.300.0628

Newark Beth Israel Medical Center
973.926.7024



When is the Last Time You Ate Dinner With Your Family?

Barnabas Health Institute for Prevention Urges Family to Take the Family Dinner Challenge

With today's hectic lifestyles, it is often difficult for families to find time to sit down and have dinner together. Parents' work schedules, combined with their child's extracurricular activities and family obligations, push gathering around the table for a nightly meal off the to-do list.

"Research from the National Center on Addiction and Substance Abuse at Columbia University has shown that teens who have dinner with their families, five or more times each week, are almost twice as likely to receive A's in school compared with teens who have dinner with their families two or fewer times a week," says Alyson Zilai, MS, Program Coordinator for Barnabas Health Institute for Prevention's (IFP) Strengthening Families Program.

For more than 15 years, IFP has been offering the Strengthening Families Program to parents, guardians, grandparents and their children throughout New Jersey. This free 14-week program, recognized by the World Health Organization, teaches families how to improve communication skills, develop effective conflict resolution techniques, set goals and establish family meetings. One of the hallmarks of the Strengthening Families Program is a complimentary catered dinner which starts each weekly session.

Throughout November, IFP urges families to take the "Family Dinner Challenge" and try to have at least three family dinners together each week. During this time, families are encouraged to visit Barnabas Health IFP's Facebook page at facebook.com/barnabashealthifp to:

- ▶ Share healthy and easy recipes
- ▶ Offer tips and strategies to other families
- ▶ Let IFP know they've met the goal of having 12 family dinners throughout the month – Thanksgiving Day counts!

At the end of November, each person who has posted about the Family Dinner Challenge on the IFP's Facebook page will be entered into a random drawing to win four movie tickets! Please note: Only one entry per person, regardless of the number of Facebook posts during the week and you must be a Facebook "friend" of Barnabas Health Institute for Prevention to be eligible for the raffle.

"The more families eat together the less likely children are to get involved with drugs, alcohol, tobacco or other risky behaviors," explains Ms. Zilai. Families who eat together are also more likely to make healthier food choices and avoid foods high in fat and calories.

For more information about Barnabas Health Institute for Prevention, upcoming Strengthening Families Programs, parent programs or the Family Dinner Challenge, please visit www.instituteforprevention.com.



An Ounce Of Prevention Is Worth A Pound Of Cure.

*With winter on its way, don't
get caught without a flu shot.*

Anthony Carlino, MD and Peter Pasley, MD

from The Multi-Specialty Practice of Westfield

Invite You to Stop in for Your Annual Vaccination

Vaccines Administered

Monday • Wednesday and Friday 9:00 am – 5:00 pm

Thursday • 1:00 – 5:00 pm, *Evening Appointments Available*

Walk-ins Welcome

Most Insurance Plans Accepted

■ ■ **BARNABAS HEALTH**
■ ■ Saint Barnabas Medical Center

Multi-Specialty Practice of Westfield

▶ 560 Springfield Avenue, Suite 101, Westfield, NJ 07090
▶ 908.233.8571

COOL TECHNOLOGY STRENGTHENS RADIOLOGY'S IMPACT ON PATIENTS

Telling cardiac patients they should watch their diets and quit smoking is one thing, but showing them 3-D pictures of their narrowed heart vessels – the direct result of bad habits – can make all the difference in whether they heed medical advice. Radiologists at Saint Barnabas are using this technology – known as a picture, archiving and communication (PAC) system – not only to pack more punch with patients, but also to streamline their own duties to near-magical efficiency.

Traditionally a collection of film images from x-rays, CAT scans and other diagnostic machinery, radiology has been transformed by the PAC system's ability to store images electronically, enabling them to be viewed remotely from nearly anywhere, as well as to manipulate images on-screen to create pictures that make as much sense to patients as to clinicians.

These 3-D images are used primarily to view coronary arteries, the colon and complex blood vessel malformations in the brain in ways cross-sectional pictures just can't match, explains **Lyle R. Gesner, MD**, section chief of Neuroradiology.

"A diagnosis can be made on 2-D images, but the 3-D gives that added dimension to see how it would really look," he says. "You can show patients the calcium deposits in their arteries and tell them that diet and exercise changes can have a profound effect on their future. There aren't many exams like that. It's a way of changing someone's life in an instant."

Dr. Gesner notes that the ability to share data and compare a patient's past and present scans at the click of a button may not seem like a big deal, but saves untold amounts of time and effort. His enthusiasm is echoed by radiologist **Joseph Viggiano, MD**, who also appreciates the system's ability to manipulate data – something that wasn't possible a decade or two ago.

"It's like a loaf of bread – we can cut it any way we want," Dr. Viggiano says. "So it gives us many more options and allows surgeons and radiation oncologists to plan procedures with a higher degree of confidence."

That confidence translates into the "newish" field of interventional oncology, which Department of Radiology chief **Alan Garten, MD**, explains has also benefited from leaps in technology. Using CT or ultrasound, doctors can insert small, needle-like devices directly into certain tumors with just a tiny incision, destroying cancer cells with heat, cold or toxic chemicals.

While deadly serious in its intent, the technology not only amazes patients – who usually aren't candidates for surgery – but buoys them as well, Dr. Garten says.

"Often, there's so much fear," he says. "If we can control the growth of their tumor, even just to lessen their pain or extend their lives, then all of a sudden there's hope."



Alan Garten, MD
Chief of Radiology
Saint Barnabas Medical Center



Lyle R. Gesner, MD
Section Chief of Neuroradiology
Saint Barnabas Medical Center



Joseph Viggiano, MD
Radiologist
Saint Barnabas Medical Center

BUILDING A FOUNDATION



NJ Knights of Pythias give \$15,000 to the Cystic Fibrosis Center at the ACC

The Saint Barnabas Medical Center Foundation recently hosted 70 attendees at the annual New Jersey Knights of Pythias "Operation: We Care" brunch in support of the Cystic Fibrosis Center at the Ambulatory Care Center. **Dorothy Bisberg, MD**, Director, Division of Pediatric Pulmonology, was presented with their annual \$15,000 donation. This gift will help to provide state-of-the-art care for the Center and its patients with Cystic Fibrosis. We were also pleased to announce the 2012 Cystic Fibrosis poster child, two-year-old **Mitchell Courtright** who attended the event with his brother, sisters, and parents.

Timothy S. Yeh, MD, FAAP, FCCM, Chairman, Department of Pediatrics extended additional thanks on behalf of SBMC and the Foundation to the Knights of Pythias for their ongoing generosity and support.

In front from left to right: Sir Marvin Diner, Past Grand Chancellor; **Greg Courtright**, Poster Child's Father; holding two-year-old **Mitchell Courtright**, Poster Child; **Jeanne Courtright**, Mother; **Dr. Dorothy Bisberg**, Director, Division of Pediatric Pulmonology; **Michael Seligman**, Chairman of "Operation We Care" Program and past Deputy Grand Chancellor; and **Steven Byer**, Grand Chancellor of the State of New Jersey.

The 4th Annual Friends of Saint Barnabas Golf Classic was held on June 25th at Brooklake Country Club in Florham Park. With over 100 golfers, \$30,000 was raised to benefit the Cancer Center's transportation fund which provides transportation to patients who have no other way to get to and from their chemo therapy and/or radiation treatments at Saint Barnabas Medical Center.



From left to right: Carla Patel, Enzo Priolo, Tony Oliveira, Isabel Medeiros, Arthur Pimentel



Dr. Allan Klein received excellent care in the Cancer Centers at Saint Barnabas Medical Center and in lieu of flowers, the family supported SBMC. The family felt so strongly about the compassionate care he received that they wanted to do even more. His daughter Kerry is married to **Matt Atlas** who is an avid golfer (and so was Dr. Allan Klein as they played together often), so Matt joined the Hundred Hole Hike fundraiser to gain additional support for Saint Barnabas. On July 2nd, at Mountain Ridge Country Club, Matt Atlas played over 100 holes of golf in one day, and from over 100 friends and family members, raised more than \$40,000 for the Cancer Centers.

Shown from left to right: **Karyn Klein** (wife), **Brett Klein** (son), **Matt Atlas** (son-in-law) and **Kerry Atlas** (daughter).



Former burn patient **Melissa Innamorato** (left) poses with her parents at the Saint Barnabas Burn Foundation 6th Annual Pedaling for Prevention Bike Ride in June. They were joined by 175 other bike enthusiasts and helped raise \$37,000 for the Burn Foundation.

Older Adults: Tips to Beat the Blues This Holiday Season



The holidays should be a time of joy, good cheer and high hopes for the New Year. Shopping for gifts and preparing for get-togethers with family and friends are usually anticipated events that accompany the season. But many people, especially older adults, experience the holiday “blues” during this special time of the year.

“Older adults can have an especially difficult time with the holidays for many reasons,” explains Patricia Toglia, MS, RN, Vice President, Barnabas Health Home Health Care.

The recent loss of an important person or the memory of a traumatic event, such as a serious illness, can dampen holiday spirits. “The inability to perform everyday tasks and holiday traditions, such as preparing a large holiday meal, can make the upcoming events difficult to handle and may cause the person to focus on what they used to do rather than what they can do,” she adds. Others may feel isolated or forgotten as the season reminds them of more enjoyable past celebrations. For some, just getting together with family members can be stressful or depressing.

Whatever the reason, there are strategies that older adults can employ to fight holiday depression. Health care professionals at Barnabas Health Home Health care offer the following suggestions to help ease the stress of the holiday season:

- ▶ Keep your expectations reasonable. The holidays do not have the power to magically turn sadness into joy. Don't be disappointed if they are not like they used to be. Life brings changes. Each holiday season is different and can be enjoyed in its own way.
- ▶ Take some time for yourself. Allow yourself some time during the holidays to do things that you enjoy, such as taking a walk or listening to music. Give others the same space as well. Having time alone allows you to think about your feelings.
- ▶ Don't overdo it. Avoid overeating and excessive alcohol consumption when feeling sad. Drinking too much alcohol will make you more depressed.
- ▶ Make plans. If you expect to be home alone during the holidays, consider doing volunteer work at a local hospital or shelter, or make plans with a friend who will also be spending the time alone. Helping others will make you feel better about yourself.

The Barnabas Health Home Health Care Agencies offer a wide variety of health care services in the comfortable environment of one's home. For more information, please call **973.243.9666** or visit **www.homehealthnj.com**.



SAINT BARNABAS MEDICAL CENTER

SPONSORS ICE PALACE IN THE MALL AT SHORT HILLS



Saint Barnabas Medical Center at The Mall at Short Hills

Stop by The Mall at Short Hills from mid-November until December 24, 2012 to learn about Saint Barnabas Medical Center. Check out the theme days which will feature area physicians from the Medical Center. Make sure to mark your calendar to test drive the da Vinci surgical robot on December 15 and 16.

Try out the daVinci Robot

December 15-16 at the Mall at Short Hills
1200 Morris Turnpike, Short Hills, NJ

For more information, check out our website after November 15, 2012 at www.barnabashealth.org/sbmc.

SWEET DREAMS Pediatrics

After Hours Care for Kids

Working in conjunction with your pediatrician, Saint Barnabas Medical Center (SBMC) Sweet Dreams Pediatrics provides after-hours pediatric care when your child needs urgent care. Sickness can occur at anytime of day or night, Sweet Dreams Pediatrics is available to provide care for your family when it is convenient for you and your child.

Sweet Dreams Pediatrics provides:

- ⌘ Urgent Care for childhood illness
- ⌘ Access to digital X-rays when needed and read by on-site radiologists
- ⌘ Access to Emergency Department physicians and specialists if the need arises
- ⌘ Access to Laboratory testing including rapid diagnostic tests
- ⌘ Communication with your physician office for seamless care

Sweet Dreams Featured Hours:

- ⌘ Monday through Friday 6:00 pm – 12:00 am
- ⌘ Saturday and Sunday 12:00 pm – 12:00 am

For emergencies, the SBMC Pediatric Emergency Center is always available 24 hours a day/7 days a week.

Location:

Saint Barnabas Medical Center Emergency Department
94 Old Short Hills Road, Livingston, NJ 07039

Walk-ins are welcomed. Most insurance plans are accepted.



After Hours Care
for Kids



Saint Barnabas Medical Center
Barnabas Health Ambulatory Care Center

94 Old Short Hills Road, Livingston, NJ 07039

SAINT BARNABAS MEDICAL CENTER OUTPATIENT LABS OPEN IN ROSELAND AND WESTFIELD

Saint Barnabas Medical Center celebrated the opening of new outpatient drawing sites in Roseland and Westfield. "We've opened the new blood drawing sites for the convenience of those who access health care services in and around the Roseland and Westfield areas," explained **John F. Bonamo, MD, MS**, President and Chief Executive Officer of Saint Barnabas Medical Center. He added that, "The new sites are designed to provide a continuity of care and availability of medical records for those who are also patients at Saint Barnabas Medical Center in Livingston. "All of the Outpatient drawing stations are staffed by trained phlebotomists, licensed by the New Jersey State Department of Health and Human Services and provide full blood-drawing services and urinalysis. Most insurance plans are accepted and appointments are not necessary. Walk-ins are welcome.

**SAINT BARNABAS MEDICAL CENTER
OUTPATIENT LABORATORIES**

► **Outpatient Laboratory at Roseland**
189 Eagle Rock Ave. Roseland, NJ 07068
Hours of Operation: Monday, Wednesday, Thursday and Friday
6:30 am – 5:00 pm; Tuesday 6:30 am – 7:00 pm.

► **Outpatient Laboratory at Westfield**
560 Springfield Ave., Suite 103, Westfield, NJ 07090
Hours of Operation: Monday through Friday
8:00 am – 4:00 pm.

► **Saint Barnabas Medical Center Outpatient Laboratory**
94 Old Short Hills Road, Livingston, NJ 07039
Hours of Operation: Monday through Thursday 6:00 am – 6:00 pm;
Friday 6:00 am – 4:00 pm; Saturday 6:00 am – 1:00 pm

► **Barnabas Health Ambulatory Care Center
Outpatient Laboratory**
200 South Orange Avenue, Livingston, NJ 07039
Hours of Operation: Monday, Wednesday and
Friday 6:00 am -5:00 pm; Tuesday and Thursday
6:00 am - 6:00 pm; Saturday – 6:00 am - 2:00 pm

Saint Barnabas Directory of Services and Medical Staff is online at
www.barnabashealth.org/hospitals/saint_barnabas/info/directory_services.pdf



► **Saint Barnabas Medical Center – Main Number: 973.322.5000**
94 Old Short Hills Road, Livingston, NJ 07039

Admitting Office	973.322.5165
The Cancer Centers	973.322.5200
at Saint Barnabas	
The Burn Center	973.322.5924
Emergency Department	973.322.5180
SBMC Foundation	973.322.4330
Barnabas Health Heart Center	973.322.5244
at Saint Barnabas Medical Center	
The Joint Institute	973.322.9908
Department of Medicine	973.322.5645
Pediatrics	973.322.5690
Pediatric Specialty Center	973.322.7600
Saint Barnabas Medical	888.724.7123
Center Physician Referral	
Barnabas Health Renal	973.322.5938
and Pancreas Transplant Division	
Radiation Oncology	973.322.5630
Center for Sleep Disorders	973.322.9800
Comprehensive	973.322.9742
Stroke Center	

Department of Surgery	973.322.5195
Valerie Fund Children's Center for	973.322.8200
Cancer and Blood Disorders	
Center for Wound and Burn Healing	973.322.5600
Women's Health and Education	973.322.5360

- **Barnabas Health Ambulatory Care Center**
200 South Orange Avenue, Livingston NJ 07039
Main Number 973.322.7000
- **Barnabas Health Hospice and Palliative Care Center**
Main Number 973.322.4800
- **JerseyCare Home Health**
Main Number 973.243.9666
- **Medical Center Health Care Services**
Main Number 973.243.1001