

A Publication of
SAINT BARNABAS MEDICAL CENTER

FALL 2019

healthy *together*



**SECRETS TO A SAFER,
HEALTHIER WINTER**

**WHEN YOUR
CHILD NEEDS A
SPECIALIST**

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GLUTEN-FREE?**

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**A GAME CHANGER
FOR RUTGERS SPORTS**

CREATING WINDOWS OF OPPORTUNITY

At RWJBarnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we're equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You'll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJBarnabas Health is making a difference. Children's Specialized Hospital, an RWJBarnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJBarnabas Health Athletic Performance Center, we're partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

At Saint Barnabas Medical Center, we partner with our local communities to address their unique needs. This may include supporting a community garden in West Orange, beautifying an elementary school in Orange or spearheading multiple 12-week wellness challenges in our surrounding towns. Keeping our community healthy takes many forms beyond healing the sick, and we are here for you and your family.

We're honored by the trust people place in us to care for their health. In return, we're continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



STEPHEN P. ZIENIEWICZ, FACHE
PRESIDENT AND CHIEF EXECUTIVE OFFICER
SAINT BARNABAS MEDICAL CENTER



HEALTH NEWS

SAINT BARNABAS MEDICAL CENTER EARNS ACCOLADES

The steadfast commitment of Saint Barnabas Medical Center (SBMC) to improving the health and well-being of the community it serves is exemplified by the awards and recognition we have received.

BEST HOSPITAL RECOGNITION:

SBMC has been recognized as a Best Hospital for 2019-20 by *U.S. News & World Report* for Gynecology and Diabetes and Endocrinology. SBMC was also recognized as high-performing (top 10 percent of programs in the country) in treating colon cancer, congestive heart failure, chronic obstructive pulmonary disease, gastroenterology and gastrointestinal surgery, neurology and neurosurgery, nephrology and geriatrics.



NURSING EXCELLENCE:

SBMC has achieved Magnet Recognition from the American Nurses Credentialing Center's Magnet Recognition Program, which distinguishes organizations that meet rigorous standards for nursing excellence.



GRADE A FOR SAFETY:

SBMC recently earned its 15th straight A in The Leapfrog Group's Hospital Safety Grade ranking, one of only 41 hospitals in the nation to earn an A every year since the program's inception in 2012.



INCLUSIVENESS AND EQUALITY:

SBMC was once again named a leader in LGBTQ Healthcare Equality by the Human Rights Campaign Foundation.



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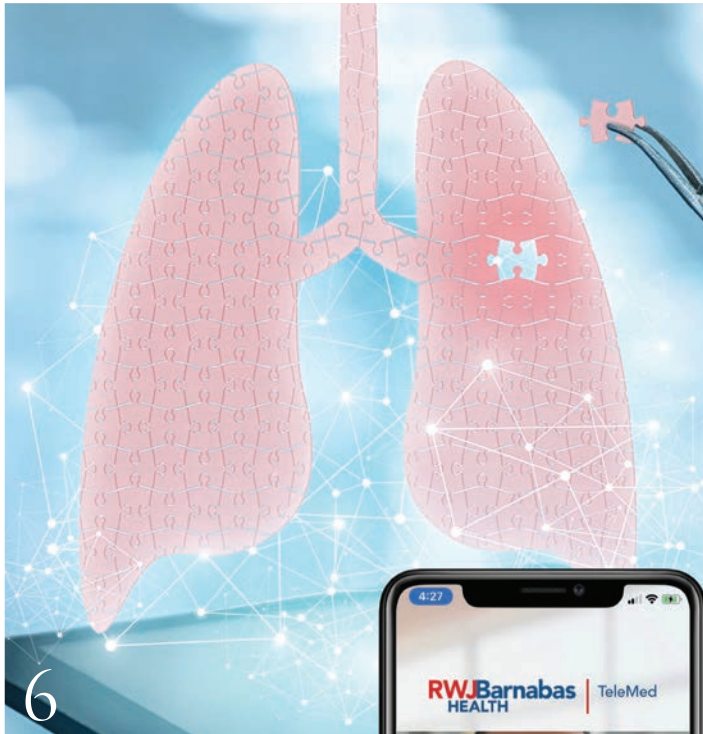
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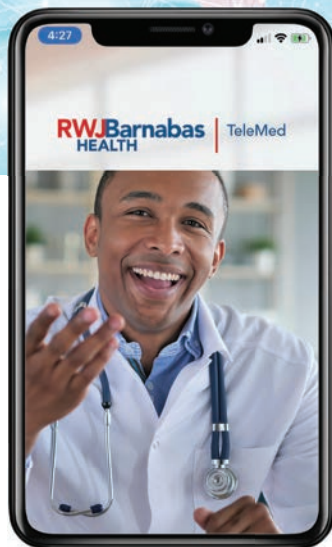
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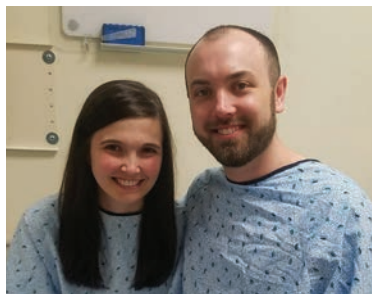
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At left, kidney recipient Lauren Fallon and her husband, Mike. Mike donated a kidney to the country's longest single-center living donor kidney transplant chain at Saint Barnabas Medical Center.

kidney rejection. On May 29, 2018, Lauren received her third kidney transplant. Post-transplant surgery, Lauren says, she woke up and felt “instantly healthy. I felt my energy come back.”

THE GIFT OF LIFE

Lauren's third transplant was made possible by the Living Donor Institute at SBMC. A “living donor” is someone who has two healthy kidneys and allows one to be surgically removed in order to enhance or save someone else's life.

Lauren and her husband were part of a “kidney transplant chain” at SBMC, now up to 32 donors and 32 recipients, and counting—the longest single-center living donor kidney transplant chain in the U.S.

In a kidney transplant chain, a patient in need has a potential donor who is, unfortunately, incompatible to donate to that patient. However, the kidney can be donated on behalf of that patient. In return, that patient will receive a kidney from another donor—one who was also found to be incompatible with the person they had originally intended to give to.

“Mike says he knew the day that he proposed that at some point he would donate a kidney in order for us to have a better life moving forward,” Lauren says. “I am so grateful for his decision.”

She is grateful, too, for the treatment she received at SBMC, under the care of Stuart Geffner, MD, MS, Director of Transplant Surgery at RWJBarnabas Health and Chairman and Surgeon-In-Chief, Department of Surgery, and Harry Sun, MD, Associate Director of Transplant Surgery. “I've been a patient here since I was 14 years old, and everyone here—from the phlebotomists to transporters, to surgeons and anesthesiologists—has made my experiences here that much better.”

The future is bright. “My husband and I are wanting to start a family and are pursuing adoption,” Lauren says. “Now, I feel healthier than ever.”

‘I FEEL HEALTHIER THAN EVER’

THE TRANSPLANT PROGRAM AND THE LIVING DONOR INSTITUTE ALLOW A YOUNG WOMAN TO TRIUMPH OVER KIDNEY DISEASE.

When Lauren Fallon, 30, was just 14 years old, she was diagnosed with juvenile nephronophthisis, a form of medullary cystic kidney disease. With this condition, cysts and scarring occur in the kidneys, damaging them and potentially leading to kidney failure.

Since that diagnosis, Lauren has undergone three kidney transplants, all at Saint Barnabas Medical Center (SBMC). Far from being daunted by her experiences, she is upbeat and optimistic. And grateful.

“Donating an organ is such a selfless gift,” she says. “One life touches another, one person helps another. Now, I have a second chance at life.”

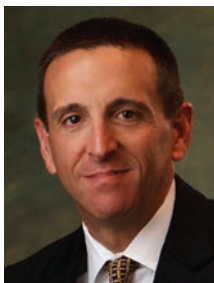
THIRD TIME LUCKY

Lauren had her first kidney transplant at age 19. Unfortunately, the transplanted kidney was rejected and had to be removed the next morning.

In 2009, she received a second kidney transplant. “At the time, I was attending Seton Hall University, and I was very determined to take a full course load, be among my peers and graduate on time with my friends,” Lauren says.

This time, the kidney transplant took. Lauren, who graduated in 2011, not only thrived in college; she met the man who would become her husband, Mike Fallon. They married in 2016.

Unfortunately, by 2018, Lauren was undergoing treatment for her second



STUART GEFFNER, MD



HARRY SUN, MD

To learn more about the kidney transplant program at Saint Barnabas Medical Center, one of the nation's largest, visit www.transplantkidney.org.





At left, gastroenterologist Robert Schuman, MD, Medical Director of the Kogan Celiac Center; Michelle Pasia, MPH, RDN, Clinical Coordinator; and Elle Bernardo, RDN, a dietitian from Livingston ShopRite, at a recent event hosted by the Center.

SHOULD YOU GO GLUTEN-FREE?

WHY IT'S IMPORTANT TO GET TESTED FIRST

Gluten-free options are popping up everywhere, in supermarket aisles as well as on restaurant menus. However, unless you truly have a sensitivity to gluten, those options aren't advisable, says Michelle Pasia, MPH, RDN, Clinical Coordinator at the Kogan Celiac Center at RWJBarnabas Health.

Gluten is the protein found in wheat, rye and barley that binds, or "glues," them together. "Whole-grain foods provide us with fiber and vitamins, so there's no reason to avoid them unless you need to for health reasons," Pasia says.

Conditions that warrant excluding gluten from your diet fall into two general categories, with symptoms that can range from uncomfortable to downright disabling.

Gluten/wheat sensitivity: Symptoms may include bloating, abdominal pain, diarrhea, constipation, "foggy mind," bone or joint pain, and chronic fatigue. "If you have these symptoms and they can't be explained in any other way, it is a good idea to talk to your doctor to see if you have a gluten sensitivity," Pasia says.

Celiac disease: A lifelong, genetic autoimmune disorder, this condition means that the body has a reaction with the ingestion of gluten. It can be marked by many of the same symptoms as gluten sensitivity and can also include skin rash, discolored teeth, failure to thrive, numbness in legs, anemia, osteoporosis and infertility. "If you have any of these unexplained symptoms, you should be tested for celiac disease," Pasia says. Because the disease has a genetic component, it's especially important to get checked if you have a family history of the disease.

"If you're going to be tested, don't go gluten-free in advance," Pasia cautions. "If you're not eating gluten, the celiac markers won't show up in the testing." Initial testing involves a simple blood test. If celiac disease is suspected, an endoscopy will be performed by a gastroenterologist.

A SWEET GLUTEN-FREE TREAT: PUMPKIN BARS

"This bar is a perfect gluten-free option for breakfast or snack as a replacement for high-sugar, high-fat muffins and granola bars," says Michelle Pasia, MPH, RDN. "Quinoa and oats provide heart-healthy fiber, and pumpkin provides antioxidants."

INGREDIENTS:

- ½ cup mashed banana (about 1 medium)
- ½ cup pumpkin puree
- 2 eggs
- 2 tablespoons maple syrup
- 1½ cups certified gluten-free oats
- 1 cup cooked quinoa
- ⅓ cup sugar
- 1 teaspoon baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ¼ teaspoon salt

DIRECTIONS:

- Preheat oven to 350 degrees. Prepare an 8x8 baking pan with cooking spray.
- In a large bowl mix banana, pumpkin, egg and syrup until smooth.
- Add remaining ingredients and mix until fully incorporated.
- Pour into prepared pan and bake for 22–28 minutes, until firm to the touch.
- Remove from pan and let cool completely. Cut into 16 squares. Store in airtight container in the refrigerator. Bars can be frozen.



The Kogan Celiac Center, which provides education, resources and monthly support groups, is located at 200 South Orange Ave. in Livingston. For more information, call **973.322.7272**.



RWJBarnabas Health and The Cancer Center at Saint Barnabas Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. Visit www.rwjbh.org/beatcancer.

LUNG CANCER: NEW REASON FOR HOPE

**EARLIER DETECTION AND NEWER TREATMENTS ARE
GIVING LUNG CANCER PATIENTS BETTER ODDS.**

To learn more about lung cancer screening, quit-smoking programs and lung cancer treatments at Saint Barnabas Medical Center, call **973.322.6644** or visit www.rwjbh.org/sbmclung.

Lung cancer wasn't on the agenda when a West Orange woman accompanied her husband to his routine annual checkup at Saint Barnabas Medical Center (SBMC) in the fall of 2018. "But his doctor asked if we had previously smoked, and we said yes," Carol says. "We had smoked a lot, starting in our late teens and smoking two or three packs a day for decades before quitting."

The doctor invited them to participate in an SBMC program linked to a study for people at high risk of lung cancer. The couple agreed and went for low-dose CT scans, a screening test that can detect lung cancer at an early stage. "My husband's scan was clear," Carol says. "But mine came back showing something."

The lesion in Carol's lung was surgically removed by Subroto Paul, MD, MPH, Director of Thoracic Surgical Services at RWJBarnabas Health, Section Chief of Thoracic Surgery at SBMC and a member of the Barnabas Health Medical Group. The pathology showed it was a stage 1 tumor that had not metastasized. Carol's lung cancer had been caught early, before she even had symptoms.

"Dr. Paul could not have been more reassuring, and the surgery was very easy. Now I'm cancer-free," Carol says. "Dr. Paul and Dr. Kristin Fless were absolutely wonderful and I was able to have excellent treatment at Saint Barnabas Medical Center, close to home."

"Without this program, I would not have known I had cancer. It saved my life."

CATCHING IT EARLY

Lung cancer can be an insidious disease, generally not causing symptoms until its later stage, when treatment is more difficult. "It kills more people than breast, colon and prostate cancer combined," says medical oncologist Andrew Brown,

MD, Co-Director of SBMC's Lung Cancer Screening Program. "Yet because of new, innovative treatments and advances in diagnosis, I'm more optimistic when treating lung cancer now than I have ever been in my career."

Early detection is an important factor. "There's evidence of up to a 90 percent survival rate at five years among people who detect lung cancer early," says Dr. Paul.

That's why SBMC is participating in a large study on the benefits of screening among smokers and others at high risk of lung cancer, even those who have no symptoms. In conjunction with the study, called the International Early Lung Cancer Action Program (I-ELCAP), SBMC provides three free yearly lung cancer screening scans to eligible patients.

The SBMC program has screened more than 1,600 high-risk patients to date, and the majority of cancers found have been low-stage growths amenable to treatment. Many scans also detect lung growths called nodules that must be assessed to determine if they're cancerous or benign. Noncancerous nodules are tracked over time for changes that may indicate cancer.

SBMC is also implementing ways to identify patients at high risk of lung cancer who are in the hospital for reasons unrelated to lung disease.

COMPREHENSIVE CARE

"We're a multidisciplinary team at every level. That leads to better coordinated care, quicker diagnosis and treatment, and improved outcomes," says Kristin Fless, MD, Director of Interventional Pulmonology at SBMC and a member of the Barnabas Health Medical Group.

The medical center provides a continuum of care to accommodate any stage of lung cancer. "Thanks to technology advances, there's been a lot of progress

in diagnosing lung disease," says Dr. Fless. These include minimally invasive electromagnetic navigation bronchoscopy, which uses GPS-like technology to guide a diagnostic probe that can reach small lesions

deep in the lungs, and endobronchial ultrasound imaging.

The comprehensive program at SBMC provides whatever lung cancer patients need, whether those services are from a pulmonologist, radiation oncologist, medical oncologist or thoracic surgeon. When people who needed additional follow-up are ultimately found to have low-stage cancer, they express gratitude and relief for having participated in the program, program administrators say.

An added benefit is free smoking-cessation support with a Certified Tobacco Treatment Specialist. One-on-one counseling, education about treatments and consistent follow-up have led to a 40 percent success rate—double the national average.

INDIVIDUALIZED OPTIONS

Patients diagnosed with lung cancer have more options than ever before.

"Many patients benefit from minimally invasive surgery for the lung, often done using robotic surgery," Dr. Paul says. "These small, articulated instruments can do everything a hand can do—and more—on a miniaturized scale that allows very precise movements and smaller incisions."

At SBMC, radiation therapy can be delivered using advanced methods such as the CyberKnife radiation delivery system, which automatically adjusts the radiation beam as a tumor moves with the patient's breath.

"In addition, there's been an explosion of targeted therapies and immunotherapies that are leading to more personalized treatment," says Dr. Brown. "We are using deeper genetics and the biologic activity of tumors to make more informed treatment decisions. We are also using medicines and therapies to target specific mutations and address cancers at a deeper, cellular level that is more specific to each individual."

SBMC specialists are even collaborating with researchers to study the role that bacteria in the lungs—the lung microbiome—may play in fostering or preventing cancer.

"This may help us explain why some people who have never smoked still get lung cancer," Dr. Paul says. "It's another way Saint Barnabas Medical Center is at the forefront of lung cancer care."



ANDREW BROWN, MD



KRISTIN FLESS, MD



SUBROTO PAUL, MD



ONLY THE BEST FOR BREASTS

NEW SCREENING TOOLS AND TECHNOLOGIES SPARE PATIENTS FROM MORE INVASIVE PROCEDURES.

“One size does not fit all when it comes to breast screening,” says Linda Sanders, MD, Medical Director of The Breast Center at the Barnabas Health Ambulatory Care Center. “At The Breast Center, we tailor imaging tests according to the particular circumstance of the patient.”

That kind of personalized care is made possible by The Breast Center’s comprehensive array of state-of-the-art breast screening equipment, including digital mammography, MRI, breast ultrasound and more.



LINDA SANDERS, MD

ENHANCED TECHNOLOGY

This year, all digital mammography machines at The Breast Center were upgraded to include

tomosynthesis, sometimes called 3-D breast imaging. “Tomosynthesis renders small, subtle cancers easier to see in dense breast tissue,” explains Dr. Sanders.

The Breast Center also recently acquired a stereotactic breast biopsy machine with tomosynthesis. This machine gives technicians the ability to locate a breast abnormality and remove a tissue sample—a much less invasive procedure than a surgical biopsy.

“Radiologic evaluation is critically dependent upon technology,” says Dr. Sanders. “As imaging tools become more sophisticated, what radiologists can perceive expands. We can detect malignancy earlier, which may reduce the extent of the surgical procedures required.”

COMFORT COUNTS

The Breast Center is the largest single site in the state to offer curved-paddle mammography, which is designed to better

STATE-OF-THE-ART SCREENING AT THE AMBULATORY CARE CENTER

The Imaging Center at the Barnabas Health Ambulatory Care Center is one of the region’s largest and most technically advanced—and that pays off for patients. “Being one of the largest centers, from a volume perspective, means that we read the most images and have the most experience in diagnosing,” says Franco Grippo, Administrative Director of the Imaging and Breast Center. “And having the most up-to-date technology means we can better and more quickly pinpoint the disease state a patient is in.”

New technology at the Center this year includes:

NEWEST 3.0 TESLA MRI: “We are the first and only health system in New Jersey to have the Philips Ingenia Elition 3.0 Tesla MRI,” Grippo says. “It significantly increases the comfort and reduces the scan time for an MRI.” The Imaging Center has three other MRI machines, including two 1.5 Tesla Units and an open MRI.

SPECT-CT SYSTEM: “In this system, high-resolution CT imaging is fused with nuclear medicine functional imaging,” Grippo says. “It’s the best of both worlds.” The SPECT-CT system will be in place by year’s end.

The new machines are part of a comprehensive radiology department that also offers CT scans, X-rays, nuclear medicine, PET CTs, ultrasound, EKGs and breast imaging of all kinds. “Our goal is to create a convenient, one-stop location where patients can have all their diagnostic imaging done,” Grippo says.

fit the shape of a woman’s breast and decrease discomfort.

“The other wonderful thing about our Center is that we have dedicated mammographers and breast interventionalists right on site,” says Dr. Sanders. “We’re not reading results remotely. We’re actually here to examine and speak to a patient, as needed.”

To schedule a mammogram at The Breast Center at the Barnabas Health Ambulatory Care Center, call **973.322.7888** or visit www.rwjbh.org/mammo.

10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The *how* is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But *why* might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.



CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
- Severe or persistent vomiting or diarrhea
- Severe abdominal pain
- Changes in mental status, such as confusion
- Assault, physical or sexual abuse
- Broken bone



You get sick while on vacation.



Your doctor's office is closed.



You need care for a sick child, but can't leave your other children home alone.



You can't get a same-day appointment with your doctor.



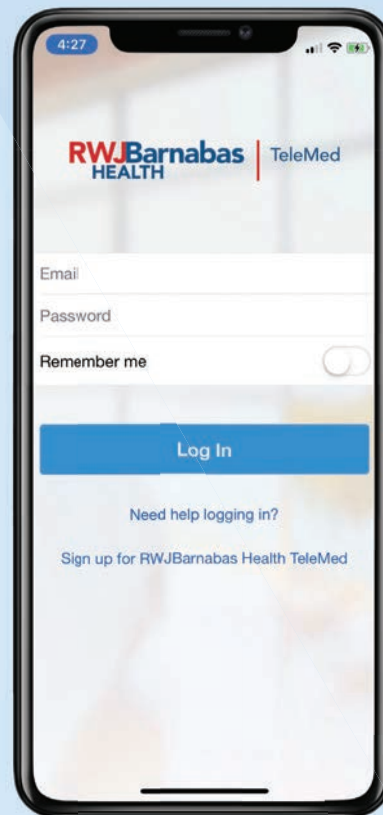
You feel too sick to leave the house.



You're out of town and realize you forgot a prescription.



You live in a rural area, making doctor visits and follow-up visits inconvenient.



You don't have time to wait in a waiting room.



It's difficult to take time off from work to go to the doctor.



You don't want to expose others to a contagious disease (or be exposed to theirs).

To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.



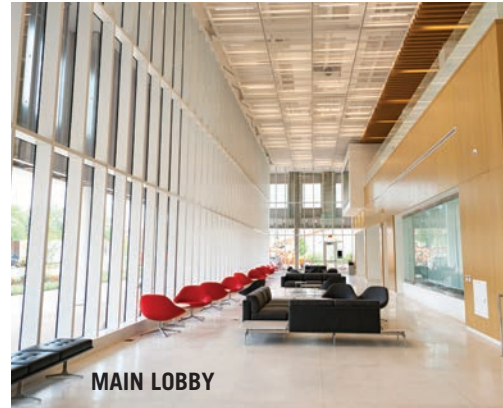
GAME CHANGER



GYMNASTICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL

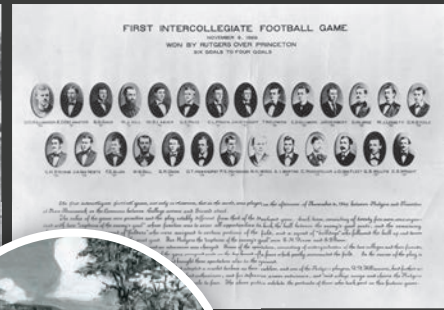


WRESTLING



HAPPY BIRTHDAY, COLLEGE FOOTBALL!

150 YEARS OF ATHLETIC PROWESS AND PASSIONATE FANDOM BEGAN AT RUTGERS UNIVERSITY.



As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit www.rutgersgameday.com.

THE RWJBARNABAS HEALTH ATHLETIC PERFORMANCE CENTER AT RUTGERS UNIVERSITY KICKS OFF A NEW ERA FOR RUTGERS SPORTS.

For Rutgers student-athletes, the future is here. The state-of-the-art RWJBarnabas Health Athletic Performance Center at Rutgers University, which opened in September, is home to new facilities for men’s and women’s basketball, wrestling and gymnastics, as well as a sports performance/sports medicine suite, nutrition lounge, seating area for professional scouts and more.

The 307,000-square-foot, four-story facility brings Rutgers athletic offerings to a new level. “It’s a game changer for our student-athletes in clinical care,” says Pat Hobbs, Director of Intercollegiate

Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

“For far too long, we haven’t produced, as a state, those facilities and resources necessary to have world-class athletes—and frankly, in New Jersey, we have world-class athletes,” says Barry Ostrowsky, President and CEO of RWJBarnabas Health. “At Rutgers, we have world-class students. For us, this is a wonderful opportunity to invest in a great University.”



X-RAY ROOM

To learn more about RWJBarnabas Health partnerships, visit www.rwjbh.org/corporatepartners.



THE A-TEAMS FOR

ADVANCED HEART FAILURE

TWO RWJBARNABAS HEALTH HEART TRANSPLANT PROGRAMS COLLABORATE TO OFFER WORLD- CLASS CARE, CLOSE TO HOME FOR NEW JERSEY RESIDENTS.

In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team's wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

COVERING THE STATE

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey,

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we

can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

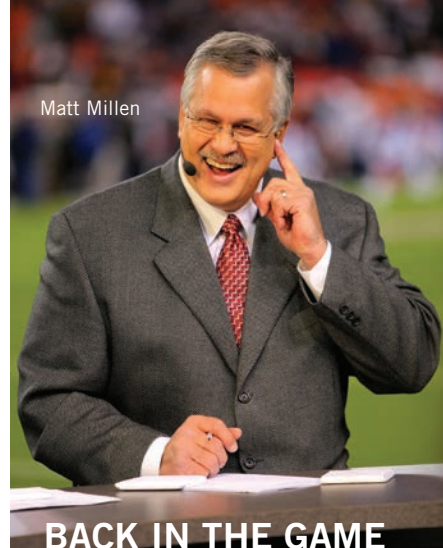
FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a \$4.3 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”



Matt Millen

BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI).

An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call **888.724.7123** or visit www.rwjbh.org/heart.





CANCER: WHERE TO CALL FOR HELP

**NOW THERE'S A SINGLE PHONE NUMBER FOR CLEAR
AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.**

When a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What's the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That's why RWJBarnabas Health (RWJBH), in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJBH system and at Rutgers Cancer Institute.



STEVEN K. LIBUTTI, MD

"We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation," says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJBH and Director of Rutgers Cancer Institute of New Jersey. "We want to make the process of finding care as stress-free and efficient as possible."

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. "Now they can more easily access NCI-designated cancer care across the state," he says.

NAVIGATING THE JOURNEY

"We're especially excited to have nurse navigators located right at the contact center if a person has a clinical question," says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJBH. "That aspect of our system makes it uniquely helpful to patients."

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. "Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services," he explains.

"Our system is making a very big commitment to nurse navigation in general," Soltes says. "Our goal is to be the largest nurse navigation system for oncology in the country."

Experts at RWJBH recognize that oncology healthcare calls are different from other kinds of calls. "They are often from people dealing with potentially serious situations," Soltes says. "With our Oncology Access Center and nurse navigator programs, we're able to put our arms around the patient, so to speak, and say, 'We'll help you take it from here.'"



Opposite page and this page, clockwise: For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.



RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. "More people need to know about the disease and about the research that's being done right in our own backyard," says John DeSimone, a patient at Rutgers Cancer Institute.

"What I hope people get out of this display is that cancer doesn't discriminate," says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. "Cancer goes for anyone and everyone, and it's great that people are aware."

"The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention," says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it's all worth it."



RWJBarnabas Health,
in partnership with Rutgers
Cancer Institute of New Jersey—the
state's only NCI-Designated
Comprehensive Cancer Center—
provides close-to-home access
to the latest treatment, including
clinical trials. Visit
www.rwjbh.org/beatcancer.**

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call **844.CANCERNJ (844.226.2376)**.



Staff and members at Opportunity Project engage in a variety of work-related and social activities through the Clubhouse Program.

BEYOND BRAIN INJURY

A NEW PARTNERSHIP BRINGS ADDITIONAL RESOURCES TO THOSE LIVING WITH TRAUMATIC BRAIN INJURY.



About every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that's severe enough to disrupt normal brain function.

Children with TBI are often treated at Children's Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit Opportunity Project, founded by parents whose sons were dealing with TBI. The

program offers a wide range of services to help adults with TBI reach their full potential.

The organization's mission and services make it a natural fit for CSH. "Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury," says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. "We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve."

MOVING FORWARD

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may

be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that's accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit www.opportunityproject.org. For more information about Children's Specialized Hospital, call **888.244.5373** or visit www.childrens-specialized.org.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.

**SAVE
THE
DATE**

**COMFORT
PROJECT
360**

**6TH
ANNIVERSARY**

**A
REASON
TO
ROCK**

**Thursday
November
14
2019**

**CRESTMONT
COUNTRY
CLUB**

Saint Barnabas Medical Center

**RWJBarnabas
HEALTH**

Let's be healthy together.

**The Mindy Roth
Inspirational Journey Award:**

Jodi Bloom

Volunteers of the Year:

Junior Volunteers

Co-Chairs:

Michelle Berger

Jodi Bloom

Cathy Levison

Wendy Marcus

Comfort Project 360

Founders:

Hyla Weiss

Suzanne Unger

Proceeds will support **Comfort Project 360** and the Cancer Centers at Saint Barnabas Medical Center.

Sponsorship and ticket information to follow.

For more information please contact
Kate Lubinger at 973-322-4305
or Katherine.Lubinger@RWJBH.org



Fire and ice, two unavoidable elements of winter living, can present major safety risks. This year, be prepared with these seasonal safety tips from Christopher Freer, DO, Clinical Chairperson of Emergency Medicine at Saint Barnabas Medical Center (SBMC), and Michael Marano, MD, Medical Director of The Burn Center at SBMC.



**RISK:
Falls on Ice**

About 36,000 people die from falls each year, according to the U.S. Centers for Disease Control and Prevention, and many more suffer head injuries and bone fractures.

PREVENTION:

Don't trust your eyes. Black ice gets its name because it's invisible. If the temperature is below freezing, assume that surfaces are slippery.

Forgo fancy footwear. Make sure that your outside footwear has good traction, ideally with rubber soles and treads.

Take extra care if you're older. Have eyes and feet checked regularly, and do exercises to improve balance and strength.

Put pride aside. Consider using a cane or walking stick to help you navigate outdoors, or ask a friend for an arm to lean on over icy patches.

**RISK:
Viral and Bacterial Infections**

Flu season peaks between December and March, and other infections—colds, gastrointestinal bacteria and viruses, strep throat—are also more likely in the winter.



PREVENTION:

Wash your hands frequently, especially if you've shaken hands with anyone or touched any public surfaces like door handles or ATM screens.

STAY SAFE THIS WINTER

SIMPLE STEPS YOU TAKE TODAY CAN HELP YOU HAVE AN INJURY-FREE SEASON.

Carry an antibacterial spray or gel. When you can't get to a sink, using one of these products is the next best thing.

Get out of touch. Avoid touching your eyes, nose or mouth as much as possible to minimize the chance of catching a flu or other bug.

Get vaccinated. Everyone 6 months and older should get the flu vaccine. "It will reduce your chance of catching the flu, and if you do catch it, you are less likely to become seriously ill," says Dr. Freer.

Take care of your health. A nutritious diet and at least seven hours of sleep every night will help keep your immune system strong.

RISK: **Hypothermia and Frostbite**

Hypothermia is abnormally low body temperature caused by prolonged exposure to cold temperatures. Symptoms include shivering, exhaustion and confusion. Frostbite (the freezing of body parts like fingers and

toes) can be indicated by numbness and a whitish patch of skin. If you see signs of either condition, take immediate action.

PREVENTION:

Dress warmly. "That includes hats, gloves and multiple layers," says Dr. Freer. If clothing gets wet, change it immediately.

Don't drink alcohol and then spend time outside when it's cold. "People may not realize they're getting hypothermic when they're impaired," says Dr. Freer.



CHRISTOPHER FREER, DO



MICHAEL MARANO, MD

Check on older friends and relatives. "If the heat isn't working, they can get hypothermia, even though they're inside," says Dr. Freer.

RISK: **Overexertion/Heart Attacks**

Recent studies have indicated a physiological link between colder temperatures and heart risks.

PREVENTION:

Stay warm. This is critical because cold temperatures can slow down the flow of blood and potentially cause blood clots to form.

Be careful about shoveling. "If you're over 50, out of shape and go outside in the cold and start doing strenuous upper-body exercise, like shoveling, you're at risk of having a heart attack," says Dr. Freer. If that's the case, get someone else to do the shoveling. Also, **beware the snowblower.** "Don't put your hand in or near the machine to remove snow," says Dr. Freer. "Every winter storm, we see several patients with amputated fingers due to snowblowers."

Be mindful about holiday celebrations. The incidence of heart attacks tends to spike during the winter holiday season, possibly related to dietary overindulgence—or because people tend to put off getting troubling symptoms checked during the holidays.

RISK: **Carbon Monoxide Poisoning**

Carbon monoxide (CO) is a colorless, odorless, tasteless gas that's produced by burning fossil fuels (gasoline, wood, propane and charcoal). When breathed in, CO replaces oxygen in red blood cells, causing illness and even death. "Signs include headache, nausea and symptoms that can be mistaken for a common headache or viral illness," says Dr. Freer.

PREVENTION:
Install battery-operated carbon monoxide detectors. Check them regularly.

Have your furnace serviced regularly by a professional.

Heat and cook with care. Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside your home, basement or garage, or near a window. Use an extension cord that is more than 20 feet long to keep a generator at a safe distance from the house.

RISK: **House Fires**

"Winter is our busiest season in The Burn Center," says Dr. Marano. "Any time people are inside trying to stay warm, there's a risk of fire and smoke inhalation."

PREVENTION:
Make sure there are smoke and carbon monoxide detectors in your living space, especially in the kitchen and bedrooms.

Have fire extinguishers handy, especially in the kitchen and near a working fireplace.

Be smart about space heaters. Get the kind that will turn off automatically if knocked over. Keep it as far away from curtains and furniture as possible.

Consider LED candles. "Everyone loves candles, but they can be dangerous," says Dr. Marano. "LED candles look like the real thing but don't carry the same risk."

Maintain your holiday tree. "Keep it watered or get a fake one," says Dr. Marano. "Dry branches and needles are a fire risk."

Keep young children out of the kitchen. "Children getting underfoot and causing accidents or getting burned are some of the major reasons we see for visits to The Burn Center," says Dr. Marano.



To find a physician at Saint Barnabas Medical Center, call **888.724.7123** or visit www.rwjbh.org/doctors.

A FULL LIFE AFTER LIVER CANCER

A POWERFUL PARTNERSHIP HELPED A SHORT HILLS MAN SURVIVE—AND THRIVE—AFTER HIS DIAGNOSIS.

You might call Kelly Marx an ironman. At the age of 85, he has stared down cancer, and won.

He credits his recovery to his own medical “dream team,” highly skilled surgeons from Saint Barnabas Medical Center (SBMC), an RWJBarnabas Health facility, and Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center.

Looking at Kelly—slim, elegant and handsome—you’d never guess his age. He had a successful career running his own business, Clinton Milk Co., located in Newark, not far from his home in Short Hills. The company processed milk from Garden State dairy farms and distributed it throughout the state.

In retirement, Kelly and his wife are a close, fun couple who enjoy staying active and traveling. They spend part of every winter in their “happy place,” St. Bart’s in the Caribbean. But that trip had to be put on hold this past winter.

In August 2018, Kelly saw a gastroenterologist for a minor problem he’d been having with irregularity. “I had an MRI and the radiologist found a little ‘blip’ on my liver,” he says. “That’s what started this ball rolling.” He had a liver biopsy and was

shocked to learn he had cancer.

“I’d had no discomfort. I felt terrific,” Kelly says. “But my doctor said, ‘In six months to a year, you probably would’ve had a lot of pain.’”

LIVER CANCER ON THE RISE

An estimated 42,000 people in the United States are expected to be diagnosed with liver cancer this year, according to the American Cancer Society. The incidence is on the rise as more Americans are diagnosed with conditions affecting the liver, including hepatitis C and fatty liver disease.

Kelly was referred to surgical oncologist Russell Langan, MD, Surgical Director of the Comprehensive Liver Center at SBMC, who is also affiliated with the Rutgers Cancer Institute.

“I knew right away I was in excellent hands,” Kelly says. “Dr. Langan explained everything clearly. He said removing the cancer offered my best chance for a full recovery. I wanted to do whatever I could to beat this.”

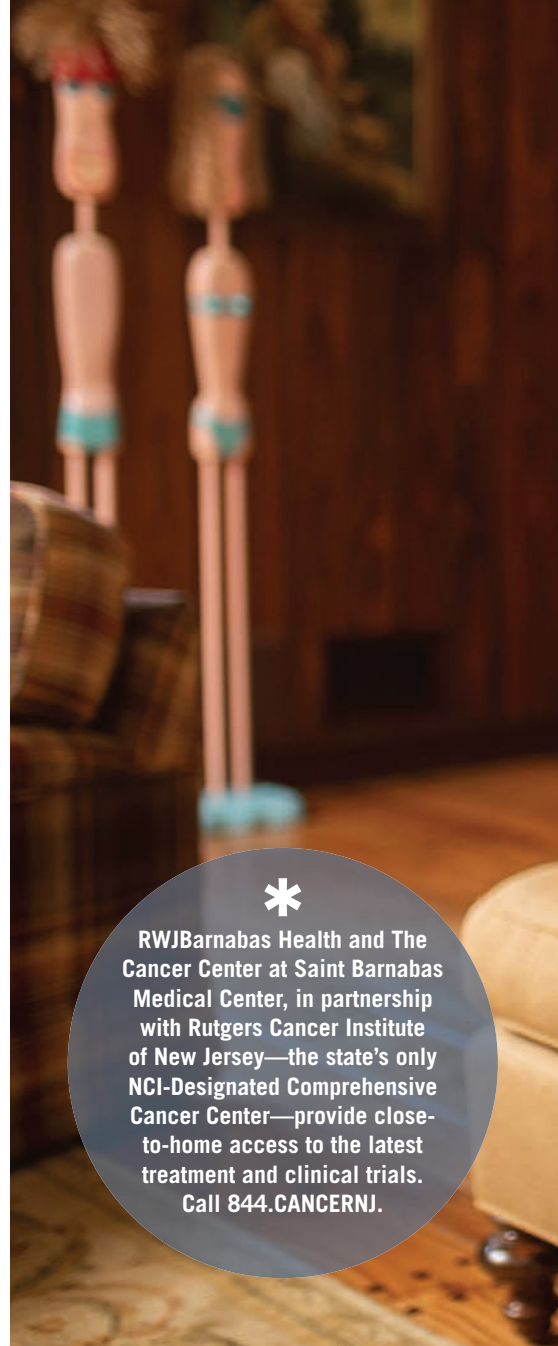
However, in the course of medical testing, doctors saw indications of plaque blocking some of his arteries. Though in a perfect world cancer surgery would be done right away, in Kelly’s case he would need treatment for coronary artery disease before he could have his tumor removed. To address the delay, Dr. Langan devised a three-point treatment plan. The first step would be transarterial chemoembolization, or TACE, a type of therapy that slows a tumor’s growth while a patient awaits a liver transplant. The next step would be a cardiac revascularization to clear the blocked arteries. Only then, once he recuperated, would Kelly have the tumor removed.



H. RICHARD ALEXANDER, JR., MD



RUSSELL LANGAN, MD



RWJBarnabas Health and The Cancer Center at Saint Barnabas Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. Call 844.CANCERNJ.

CUTTING-EDGE THERAPIES

Pondering his options, Kelly sought a second opinion from H. Richard Alexander, Jr., MD, Chief Surgical Officer at Rutgers Cancer Institute.

“Meeting Mr. Marx, I was impressed by how active and vital he is,” notes Dr. Alexander, who was in favor of the treatment plan. “The data are very clear that TACE can be effective in slowing a tumor’s growth for a period of up to four months,” says Dr. Alexander. “This would give Mr. Marx the opportunity to have his cardiac issue addressed, then move on to surgery when it was safe.”

In early October, Kelly started his treatments at SBMC. He underwent TACE, in which a catheter is used to deliver



Kelly Marx, 85, was successfully treated for liver cancer with the help of a multidisciplinary team of specialists.

chemotherapy right to the tumor. Blood vessels feeding the tumor are embolized, blocking blood flow.

A few weeks later, Kelly had cardiac revascularization. Three stents were placed in his arteries, and he took blood thinners for the next month.

Finally, the week after Thanksgiving, Kelly's liver tumor was removed using a procedure called parenchymal sparing surgery that is available only at centers that offer cutting-edge therapies. Dr. Langan performed the procedure, with Dr. Alexander assisting.

"The more of the liver you remove, the greater the risk to the patient," explains Dr. Langan. "By using a more modern technique, the liver is approached three-dimensionally.

With ultrasound, we precisely map out the tumor's location, as well as the location of major blood vessels and bile ducts. We essentially split the liver into three planes to remove the tumor. In Mr. Marx's case, we got all of the tumor and a clear margin, while only removing 20 to 30 percent of his liver."

BACK TO THE BEACH

Discharged after eight days in the hospital, Kelly recovered quickly at home. Soon he was back on the treadmill. He and his wife were able to go to St. Bart's in March.

Kelly was pleased that he could have all of his surgery at SBMC, enabling him to get state-of-the-art care close to home. "We're fortunate to have such great doctors right here in New Jersey," he says. "The way they

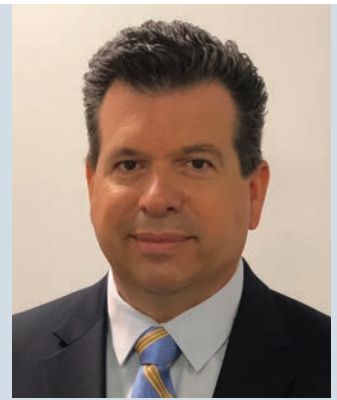
work together as a team is amazing."

"When Dr. Langan used the words 'cancer-free,' that was the most wonderful thing we could hear," says Nancy Marx. "With all my husband has faced, he's come through like a champ.

"Ironman, Miracle Man—whatever you want to call him, he's very strong."

A version of this story appeared in the Rutgers Cancer Institute publication *Cancer Connection*.

To learn more about cancer care at Saint Barnabas Medical Center, visit www.rwjbh.org/beatcancer.



CHRISTOPHER GITZELMANN, MD

WHEN YOUR CHILD NEEDS SURGERY

A PEDIATRIC SURGEON PROVIDES AN OVERVIEW OF WHAT TO EXPECT.

Taking a child to a surgeon to be assessed or treated can be an unexpected—and unsettling—prospect. Here, Christopher Gitzelmann, MD, Associate Professor of Surgery, Rutgers Robert Wood Johnson Medical School and Section Chief, Pediatric Surgery, Saint Barnabas Medical Center (SBMC), demystifies the process for concerned parents. “At the Pediatric Specialty Center at Saint Barnabas Medical Center, each year we perform thousands of pediatric surgical procedures, including lifesaving emergency surgeries as well as routine procedures,” explains Dr. Gitzelmann. “Our pediatric surgeons are board-certified in general as well as pediatric surgery.” In addition, SBMC has pediatric anesthesiologists on staff to care for the youngest patients.

What are the common conditions pediatric specialists see?

At Saint Barnabas, we treat any child from newborn through age 16. Typically, we see cases from the outpatient clinics, the Neonatal Intensive Care Unit [NICU] and the Emergency Department [ED]. The conditions we see vary depending on where the case is coming from.

Cases from the outpatient clinics are typically hernia repairs, soft tissue problems, lumps, bumps and the like. Occasionally we’ll have requests for placement of a central line or feeding tube and things of that nature. The cases from the ED can be anything from the most typical conditions to the most complicated, but they tend to be appendicitis, bowel obstruction and

general malformations that had gone undiagnosed, as well as trauma patients.

In the NICU, we typically treat new babies that have a malformation. This can include things like abdominal wall defects and other general congenital malformations.

What can parents do to prevent their children needing surgery?

Obviously, prenatal care and healthy diet are important. But many times, the malformations we see could not have been prevented. The same goes for things like appendicitis—there’s nothing you can really do to prevent the need for surgery.

What are warning signs that a child should be brought to the ED?

For appendicitis, you need to be aware of a pain of the right lower quadrant that persists for 24 to 48 hours. The pain will progress in intensity and will often be coupled with a fever and nausea.

For other intestinal problems, be wary of excessive vomiting. Pay particular attention to the color of the vomit. Green vomit is a definite warning sign that the child needs to be taken to the ED right away.

How can parents tell the difference between appendicitis and a virus?

This is a common problem because they often present with identical symptoms, and with appendicitis, time is of the essence. With a virus, the symptoms will get better after 24-48 hours. On the other hand, with appendicitis, the pain and symptoms will be persistent and will get worse over time.

How can parents prepare a child for surgery?

In emergency settings, parents might not have much time to prepare a child. Fortunately, we have trained child life experts available during the preoperative period to assist and distract children to help them not be afraid.

When preparing for a planned, non-emergency surgery, doctors can assist parents in talking with the child and explaining the procedure. If the child is an appropriate age, we recommend explaining the full process so that there are no surprises along the way. And if you can, let them know when they’ll be able to go home.

How can parents properly care for a child after surgery?

Typically, wound healing takes about two weeks. Proper healing has a lot to do with movement and depends on where the incision was. We generally recommend keeping the child out of gym class and out of contact sports and other rigorous activities. For cosmetic reasons, it’s always a good idea for parents to massage the incision once it is healed with a cream that will reduce scarring.





TOP PEDIATRIC SPECIALISTS: HELP IS AT HAND

Saint Barnabas Medical Center offers virtually every major pediatric subspecialty at one of four locations, including the new, state-of-the-art McMullen Children's Center at Saint Barnabas Medical Center. On this page, meet our top-notch pediatric specialists. RWJBarnabas Health provides a comprehensive array of pediatric specialists throughout the system. If you don't see a specialty listed, call 888.724.7123 for a referral.

(Unless otherwise noted, specialists below are located at the Pediatric Specialty Center.)

ALLERGY

Joel Mendelson, MD

CARDIOLOGY

Rowan F. Walsh, MD

CYSTIC FIBROSIS

Dorothy Bisberg, MD
Smita Shah, MD

ENDOCRINOLOGY AND DIABETES

Dennis Brenner, MD
Irene Mamkin, MD
Ellen Oppenheimer, MD

ENT

Christen Caloway, MD
*Barnabas Health Ambulatory
Care Center*

GASTROENTEROLOGY

Elsie Jazmin Foglio, MD, FAAP
Svetlana Sabel, MD
Mimi Ton, MD

GENERAL SURGERY

Christopher Gitzelmann, MD
Yi-Horng Lee, MD
Shaheen Timmapuri, MD

HEMATOLOGY/ONCOLOGY

Shalu Narang, MD, MPH
Saint Barnabas Medical Center

INFECTIOUS DISEASE

Uzma Hasan, MD

NEPHROLOGY

Isabel Roberti, MD, PhD
Shefali Vyas, MD
Atkins Kent Building

PULMONARY

Evelyn Montalvo-Stanton, MD
Stephanie Zandieh, MD

RHEUMATOLOGY

Elizabeth Candell Chalom, MD

SLEEP MEDICINE

Stephanie Zandieh, MD

HOW TO FIND US

PEDIATRIC SPECIALTY CENTER

375 Mount Pleasant Avenue, Suite 105
West Orange
973.322.6900

SAINT BARNABAS MEDICAL CENTER

94 Old Short Hills Road
Livingston
973.322.5000

BARNABAS HEALTH AMBULATORY CARE CENTER

200 South Orange Avenue
Livingston
973.322.7000

ATKINS KENT BUILDING

101 Old Short Hills Road, Suite 505
West Orange
973.322.6767

Saint Barnabas Medical Center: One of America's Best Hospitals

Continuing a tradition of delivering healthcare excellence, Saint Barnabas Medical Center (SBMC) was recently named a Best Hospital nationally for Diabetes & Endocrinology and Gynecology by *U.S. News and World Report*.

