

BARNABAS

TODAY

SAINT BARNABAS MEDICAL CENTER
BARNABAS AMBULATORY CARE CENTER

A close-up photograph of a man and a woman smiling warmly. The man is on the left, wearing a grey knit beanie and a grey scarf with red and white patterns. The woman is on the right, wearing a white knit beanie and a grey scarf. They are both wearing dark winter jackets. The woman's hand, wearing a white knit glove, is visible in the foreground.

**A First in New Jersey
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To Our Community:

Barnabas Health has built its remarkable reputation for excellence on a basic core philosophy that has been integrated throughout all 50 Barnabas Health facilities. The focus: high quality, cost efficiency, and the satisfaction of our patients and their families, our employees and our physicians. We are passionate in achieving and sustaining these core values. We believe we have the obligation to create the best possible environment for patients and their families to receive care and for employees and physicians to practice medicine.

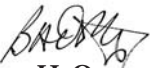
Our commitment extends into the community not only to heal but to enhance the health and well-being of our surrounding towns. Moving forward, Barnabas Health will be taking an even greater leadership position in strengthening our outreach to provide families and individuals with achievable means of attaining healthier lives. We are counting on the residents of our communities to allow us to guide and support you in our mission of improving health.

Saint Barnabas Medical Center is a Barnabas Health facility, providing care since 1865. We are nationally recognized for our Kidney Transplant Division, Obstetrics and Gynecology, Neonatology and our Burn Center. Although we perform hundreds of Cardiac Bypass surgeries each year, we are most proud of those we have prevented through educating our community about behavior modification along with medical management. Last year, we cared for more than 33,000 inpatients and 87,000 people in our emergency department. It is our privilege to care for you and your family when you need a hospital, but we hope you will also take advantage of the many community programs designed to keep you and your family healthy.

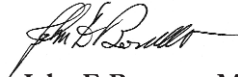
Barnabas Health Ambulatory Care Center (ACC) has become one of the most sophisticated ambulatory care centers in the nation providing quality care in a comforting environment. It is home to the Philips Ingenia MRI, one of the first of its kind in the world. The Breast Center with one of the highest volumes in the nation, maintains the Triple Assurance protocol where two independent radiologists and a computer-aided detection system read each screening mammogram. The Matthew J. Morahan III Health Assessment Center for Athletes screens athletes for previously undetected cardiac conditions as well as provides baseline concussion screening tests to assist physicians in evaluating and treating concussions at minimal or no cost.

Through the dedication of our trustees, physicians, employees, volunteers, and auxiliaries, Barnabas Health, Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center will continue to lead health care delivery in the state and well beyond, with a priority of improving the health and well-being of all those we serve.

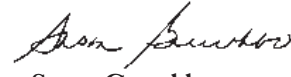
Sincerely,



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



BARRY H. OSTROWSKY

ASSUMES LEADERSHIP OF BARNABAS HEALTH

Barry H. Ostrowsky was appointed President and Chief Executive Officer of Barnabas Health, effective January 1, 2012. Mr. Ostrowsky is responsible for the State's largest health care delivery system that provides treatment and services for more than two million patients each year.

Mr. Ostrowsky, who succeeds Ronald J. Del Mauro, joined Saint Barnabas Medical Center in 1991 as Executive Vice President and General Counsel and served in the same role at Barnabas Health, when the system was created in 1996. He assumed the title of President and Chief Operating Officer in 2010.

One of Mr. Ostrowsky's priorities in his new role is to promote wellness through healthier lifestyles for residents of all the

communities served by Barnabas Health. He firmly believes that Barnabas Health has an obligation to focus on keeping people healthy, not just treating them when they are sick. He will direct efforts to combine existing wellness programs and create new programs in an overall systemic strategy for wellness.

Prior to joining Barnabas Health, Mr. Ostrowsky was a Senior Partner in the law firm of Brach, Eichler. Throughout his career, he has been actively involved in many organizations. Mr. Ostrowsky received an AB from Rutgers University and a JD from the University of Tennessee School of Law.

RICHARD ROSA, MD, PERFORMS THE FIRST INDIVIDUALIZED TOTAL KNEE REPLACEMENT IN NEW JERSEY

at Saint Barnabas Medical Center



Charley Goskowsky and Cheryl Munroe

“This is the most exciting breakthrough that I have seen in years. To have the ability to put in a completely personalized knee replacement, which has been created for my specific patient, is transformational.”

~ Richard Rosa, MD



Richard Rosa, MD
Orthopedic Surgeon with The Joint Institute
at Saint Barnabas Medical Center

Charley Goskowsky couldn't move the way he wanted. Five years ago, he reached out to **Richard Rosa, MD**, an Orthopedic Surgeon with The Joint Institute at Saint Barnabas Medical Center. At the time, he was not a candidate for a knee replacement, so alternative treatments were used. Over the years, his knees continued to deteriorate but his weight prevented him from being a strong candidate for surgery. About a year ago, he reached his limit when simple things like walking around the supermarket were colossal challenges. Determined to lose the weight and with the pain so intense that he could no longer do the things he loved to do, he had weight-loss surgery and lost more than 90 pounds.

When he was ready for knee surgery, he found out that he was a candidate for the newest innovation in knee replacement, the iTotal CR knee replacement. Manufactured by ConforMIS, it is the first FDA-cleared total knee replacement system that is specifically built for an individual patient. Dr. Rosa was the first physician in New Jersey approved to use it. “There have been a number of advancements in the field of Knee Replacement Surgery over the last decade, but this is the most exciting breakthrough that I have seen in years. To have the ability to implant a completely personalized knee replacement, which has been created for my specific patient, is transformational,” states Dr. Rosa.

The ConforMIS approach begins with data from a CT scan of the patient. From there, the company manufactures a knee replacement designed to fit the individual's body.

The advantages to this implant include:

- ▶ Personalized design. The design draws from the patient's own anatomy, preserving the natural shape of the knee.
- ▶ Individualized fit. The implant is made to fit an individual patient precisely without the sizing compromises common with traditional systems. Standard total knee replacements require the surgeon to cut the bone and ligaments to fit the implant.
- ▶ Custom solution. These implants are made to work for patients who have early stages of osteoarthritis. Because they allow the surgeon to treat just the diseased compartment of the knee with a custom solution, the patient saves a tremendous amount of bone as well as other tissue such as the ligaments. In the end, it is a much less invasive surgery.
- ▶ Natural feel. The implants give individuals back their natural anatomic shape and preserve as much of the native ligaments as possible so the knee has the potential to feel like their normal knee.

Mr. Goskowsky's knee replacement was a success. He is now up and walking around and getting back to living a life without constant pain. Dr. Rosa is one of only two-dozen surgeons nationwide and the first in New Jersey to use this implant.

To learn more, please call The Joint Institute at **973.322.9908**.

NOTABLE ACCOMPLISHMENTS



RICHARD J. KOGAN

Appointed Chairman of Saint Barnabas Medical Center Board Of Trustees

On January 1, 2012, Richard J. Kogan assumed the Chairmanship of the Saint Barnabas Medical Center Board of Trustees. Mr. Kogan is also a Vice Chairman of Barnabas Health, the parent organization of Saint Barnabas Medical Center.

Mr. Kogan is the retired CEO of Schering-Plough Corporation, a Fortune 500 international pharmaceutical and consumer products company. He is the President of The KOGAN Group, LLC, which provides advice and counsel to chief executive officers of for-profit and not-for-profit enterprises. Mr. Kogan is a director of the Colgate-Palmolive Company and the Bank of New York Mellon. He serves on the Board of Trustees of New York University and on the Executive Committee of the Board of Overseers of the Stern Business School at NYU. In addition, Mr. Kogan is a member of the Council on Foreign Relations.

He has written numerous articles, which appeared in such publications as the Wall Street Journal, Washington Post and Health Affairs. Mr. Kogan received his BA from City College of the City of New York, and an MBA from New York University. He has been the recipient of honorary doctorate degrees in Humane Letters and in Laws. Mr. Kogan and his wife are long-term residents of our community.



ALISON GRANN, MD

Appointed Chairwoman of Radiation Oncology at Saint Barnabas Medical Center

Alison Grann, MD, was appointed Chairwoman of the Department of Radiation Oncology for Saint Barnabas Medical Center. Board-certified in Radiation Oncology, Dr. Grann joined the Department in February 2000. "She is known for providing outstanding patient care focused on clinical excellence," states John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center. Dr. Grann came to Saint Barnabas from Memorial Sloan-Kettering Cancer Center where she worked in the Department of Radiation Oncology for five years.

Dr. Grann completed her undergraduate degree at George Washington University in Washington, D.C., followed by her medical degree at the George Washington University School of Medicine. She completed residencies in internal medicine at Beth Israel Hospital in Boston, Mass., and in radiation oncology at Memorial Sloan-Kettering Cancer Center in New York, N.Y. Having completed over 20 research projects, publications, conference proceedings, abstracts, and book chapters, Dr. Grann is committed to research in the field of radiation oncology. She takes a special interest in the treatment and research of breast cancer, hyperthermia, brain tumors, prostate cancer and gastrointestinal cancers.

ROOM SERVICE, PLEASE!

Room Service is now available for many of the Saint Barnabas Medical Center patients. This new program allows patients to order their meal from a menu that features diverse and extensive meal choices to meet our patients' preferences. The service operates between the hours of 6:30 am to 10:00 pm. Meals can be delivered as late as 11:00 pm. Each meal is delivered within 30-45 minutes after the call, unless the patient chooses a later time. The new program has safeguards in place to prevent people from missing meals.

For people who prefer a more traditional dining arrangement, the hospital continues to offer **Expressly for You**, a traditional menu with a twist. Instead of submitting your

meal order in the morning for that evening, an attendant visits the patient about an hour and a half before lunch and dinner to obtain the individual's meal choices. Patients appreciate the ability to make their menu selections closer to meal time and the wide variety of choices available.

So, whether a patient prefers room service or traditional meal service at Saint Barnabas Medical Center, the changes in the system provide more choices, closer to meal time, so patients can receive the food they choose, when they want to eat it. The result is a happier patient.

WESTFIELD MULTI-SPECIALTY PRACTICE OPENS WITH PETER M. PASLEY, MD AND ANTHONY CARLINO, MD, PhD, FACP

Saint Barnabas Medical Center is pleased to expand into Westfield by opening the Multi-Specialty Practice of Westfield. It opened its doors on February 1, 2012. Peter M. Pasley, MD, along with Anthony Carlino, MD, PhD, are caring for patients at the new office located at 560 Springfield Ave., Suite 101, Westfield, NJ. Both physicians practice evidence-based medicine and look forward to providing patients a personalized approach to healthcare.



Anthony Carlino, MD, PhD, FACP and **Peter M. Pasley, MD**; both are board-certified in Internal Medicine.

Peter M. Pasley, MD, board certified in Internal Medicine joined the Multi-Specialty Practice in Westfield as Medical Director after being in private practice in Manhattan for the past 11 years. Dr. Pasley is happy to be back in New Jersey practicing medicine and looks forward to sharing his focus on wellness with the community.

Dr. Pasley received his medical degree from Robert Wood Johnson Medical School where he was selected to be part of Alpha Omega Alpha, a Medical School Honor Society. He completed an internal medicine and pediatric residency at Saint Vincent's Hospital, New York. He was chief resident prior to his graduation in 2000. Dr. Pasley is an Assistant Professor of Medicine at the New York Medical College and a Clinical Instructor of Medicine at the NYU Medical School. Dr. Pasley has a special interest in sports medicine. He is an avid ice hockey player and is an assistant coach in the Montclair Hockey Club.

Anthony Carlino, MD, PhD, FACP, Scotch Plains resident, has been a member of the Saint Barnabas Medical Center Department of Medicine for six years. Board certified in Internal Medicine, he is the Assistant Program Director of the Internal Medicine Residency program and Co-Director,

Third-Year Medical Student Clerkship. Known as an excellent listener who spends time with his patients, he received the Saint Barnabas Medical Center Excellence in Caring Award as well as the Distinguished Educator Award. An experienced physician, Dr. Carlino is looking forward to being able to provide care to the members of his community.

Dr. Carlino received his BA from Franklin and Marshall College, and a PhD in molecular genetics from the Waksman Institute, Rutgers University. This was followed by postdoctoral work at the Roche Institute for Molecular Biology. He completed medical school at the University of Medicine and Dentistry of New Jersey-New Jersey Medical School (UMDNJ-NJMS), followed by residency at UMDNJ-NJMS. Dr. Carlino is an Assistant Clinical Professor of Medicine in the Department of Medicine at the UMDNJ-NJMS and an Affiliate Assistant Professor of Medical Humanities at The Casperson School of Graduate Studies of Drew University. In addition to caring for patients in the Westfield office, he also cares for patients at the Saint Barnabas Medical Center Faculty Practice in West Orange, NJ.

For an appointment, call **908.233.8571**.

ROLLERBLADE AND SCOOTER SAFETY TIPS

FROM THE PEDIATRIC EMERGENCY DEPARTMENT AT SAINT BARNABAS MEDICAL CENTER



As the weather gets warmer, children will once again be outside playing which of course involves rollerblades and scooters. The number one reported reason for trips to the emergency room, for either activity, is injury to the arms, wrists and hands that occurs when no protective gear is worn.

Christopher Freer, DO, chairman of Emergency Medicine at Saint Barnabas Medical Center, says in-line skating and scooter accidents significantly increase in the spring and summer. During this time of year, the Pediatric Emergency Department sees about six to 10 injuries a day from in-line skating and scooter injuries.

“The incidence of severe head injury from scooter and in-line skating can be up 10-fold for those children who do not wear helmets and disregard safety guidelines,” Dr. Freer says. To help your child make safety his or her first priority, The Saint Barnabas Pediatric Emergency Department offers parents the following information regarding the proper precautions that should be taken before their children strap on their skates or jump on their scooters.

GEARING UP FOR FUN

- ▶ always wear a helmet
- ▶ remember to securely fasten knee and elbow pads and wrist protection
- ▶ wear the proper shoes and make sure they are laced up tight
- ▶ keep equipment well-maintained and make sure it is in proper working order before use

IN-LINE SKATING AND ROLLERBLADING

- ▶ master the basics - striding, stopping and turning
- ▶ try to avoid traffic but when in traffic, obey all traffic regulations including skate on the right, pass on the left and yield to pedestrians
- ▶ watch out for road hazards
- ▶ skate under control at all times

- ▶ avoid water, oil and sand
- ▶ avoid hills and declines until ready to handle them

SCOOTER RIDING

- ▶ never ride at dusk or night
- ▶ avoid wet road conditions
- ▶ begin at speeds and angles with which you are comfortable
- ▶ learn to stop by using rear fender breaks or by putting one foot on the ground
- ▶ do not take dangerous chances on water, speed bumps or gravel
- ▶ never ride in traffic
- ▶ always yield to pedestrians
- ▶ when about to pass, always announce your intentions by saying, “passing on your left”

Of the approximately 87,000 patients treated in the Saint Barnabas Emergency Department each year, about 25,000 are children. Saint Barnabas’ self-contained Pediatric Emergency Department contains nine private, child-friendly patient rooms, including one equipped as a pediatric critical care room. To comfortably accommodate patients and their families, the reception area includes a play facility for young patients and their siblings. A dedicated nurses’ station will support the activities and the physicians who are all specialists in pediatric emergency medicine.

For more information about the Emergency Department, please contact **973.322.5180**.



Christopher Freer, DO
Chairman of Emergency Medicine
Saint Barnabas Medical Center

TIPS TO MAKE YOUR QUIT RESOLUTION STICK



For many Americans, the first months of a new year are filled with expectation and hope for resolving ourselves to making positive changes. It may be a promise to exercise more, choose healthier foods or even spend time with family. For many, it is the life-changing decision to quit smoking.

“There truly is no ‘bad’ time to quit smoking,” says Dennis Lee, Tobacco Treatment Specialist, Barnabas Health Institute for Prevention (IFP), “but tobacco dependence is an addiction and it’s important to understand that quitting takes preparation and thought to ensure your efforts are successful.”

If you are finding yourself struggling to fulfill your resolution to quit smoking, you are certainly not alone. To help make your quit efforts successful, IFP offers these suggestions:

- ▶ Resolutions can certainly comprise more than only one day. Try thinking of your plan to quit smoking as the “Quitting Season,” and choose a quit date. “Your quit date didn’t have to be on January 1 to make it a New Year’s resolution,” explains Helene Long, Tobacco Treatment Specialist, IFP. “Picking a date in March or April, is a positive step in the right direction.”
- ▶ One of the keys to successfully quitting smoking is having a strong support system. “Letting your friends and family know your plans can help you stay on track,” adds Ms. Long. “Also, be sure to share your success. The encouragement of loved ones is often what helps motivate us.”

IFP’s Tobacco Dependence Treatment Program offers a great way to share your quit milestones on Facebook with tobacco “success stamps.” Visit www.facebook.com/barnabashealthifp and choose the “tobacco success stamps” folder under photos.

- ▶ Write it down! Whether it’s your reasons for quitting, what you will do with the money you save, strategies for dealing with situations that trigger your desire to smoke, or a list of things that will help keep you entertained when a craving approaches, writing can help you focus on your goals and plans.
- ▶ Drink plenty of water. According to Mr. Lee, water helps in so many ways when dealing with the challenges of quitting. It helps curb hunger, aides your body in healing the damage caused by smoking, and it doesn’t even have any calories!
- ▶ Most importantly, do not hesitate to reach out for assistance and support from professionals. IFP offers a specialized Tobacco Dependence Treatment program featuring a customized quit-smoking plan; ongoing individual, group and/or family counseling; up-to-date information on the latest prescription and non-prescription smoking medications; effective tools to reduce withdrawal symptoms; and weight and stress management strategies.

For more information about Barnabas Health Institute for Prevention’s Tobacco Dependence Treatment program, or to schedule a free, confidential assessment, please call **973.926.7978** (northern NJ) or **732.886.4149** (central and southern NJ).

BALANCING THE DEMANDS OF WORK AND CAREGIVING

Finding the balance between the demands of caring for a loved one and job responsibilities can be overwhelming. Juggling these roles can make a person feel pulled in many different directions and may often result in feelings of worry, fatigue, anger and/or guilt.

Health care professionals from Barnabas Health Home Health Care and Barnabas Health Hospice and Palliative Care Center, offer the following suggestions on how to balance the role of caregiving with work responsibilities:

IN THE WORKPLACE

Inquire about your company's policies regarding caregivers, such as family leave, flextime, and job sharing. Many companies have programs to help caregivers find community services, counseling, respite care, financial and legal assistance and support groups. Talk to your supervisor or human resources department about your situation and let them know you are making every effort to fulfill your responsibilities at work. Chances are your honesty and sense of responsibility toward both your family and your job will be respected. Ask about some options such as working part-time, telecommuting, or possibly taking a leave of absence.

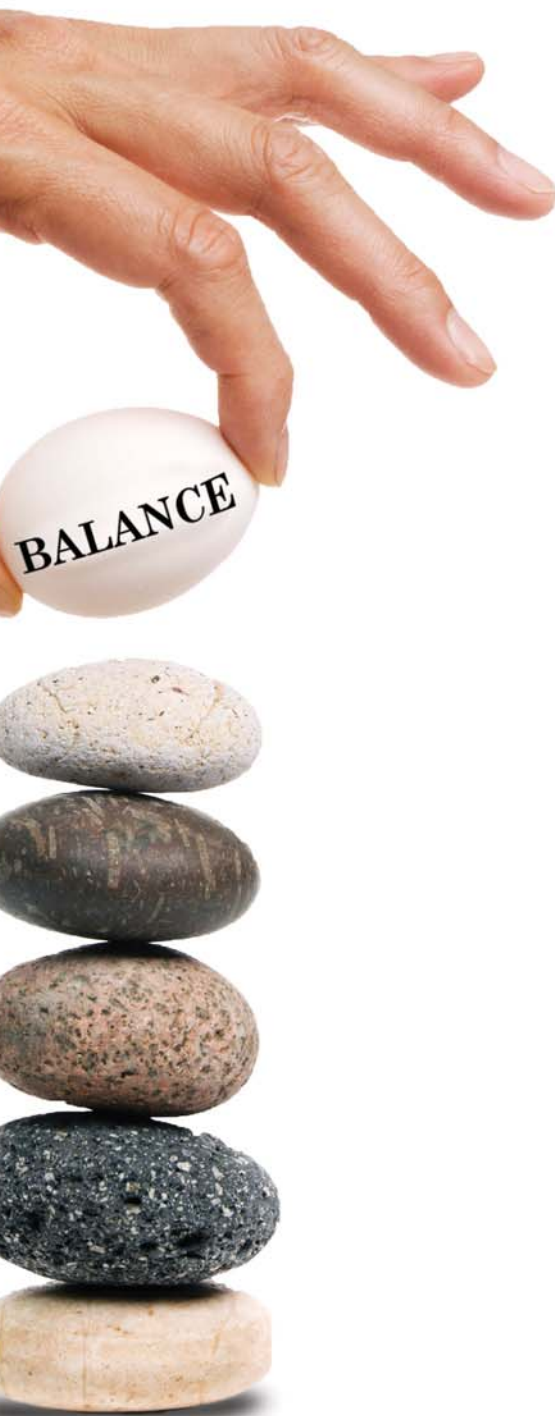
IN THE COMMUNITY

There are many support services available for caregivers.

- ▶ Home care services, such as an aide to help with personal care, light housekeeping or meal preparation, can free up some time and relieve stress on caregivers. Barnabas Health offers home health care services throughout many New Jersey communities. For more information, visit www.homehealthnj.com.
- ▶ Outside the home, adult day centers and respite care programs also provide temporary relief.
- ▶ Hiring a geriatric care manager, an eldercare professional who can assess your loved one's needs and develop and implement a personalized plan of care, may also be helpful. Barnabas Health offers a unique home health patient services program called the Red Door, which provides access to such specialized services. Visit www.homehealthnj.com for more information.
- ▶ Support groups provide caregivers with emotional support, information and companionship. Sharing experiences with others in similar situations is invaluable. Barnabas Health Hospice and Palliative Care Center offers a variety of caregiver support programs. For more information, visit www.barnabashealthhospice.org.
- ▶ Be an informed caregiver. Encourage your loved one to have frequent conversations with his/her physician, in which you can participate, to ensure treatment wishes are known and the right care is being received at the right time.

FINDING THE BALANCE

- ▶ Accept your limitations and enlist help from another family member, friend, or a community service when you need a break.
- ▶ Make time for yourself to do the things you enjoy. This will make you more productive at work and a more relaxed caregiver.
- ▶ Set priorities, deciding what is important and what is not. Learn to say "no" even if it means disappointing others.
- ▶ Schedule appointments and phone calls to make the most of your time. Keep detailed records of contacts, information and receipts.



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.

The Barnabas Health Hospice and Palliative Care Centers serve infants, children, adolescents, adults and the elderly while honoring the unique choices and values of patients facing advanced illness. For more information please call, **973.322.4800** or visit www.barnabashealthhospice.org.



BARNABAS HEALTH
PHYSIATRIST JOINS

MEDICAL OFFICE IN BEDMINSTER

Physiatrist John Z. Shumko, MD, PhD, has joined the Barnabas Health Outpatient Centers Medical Office in Bedminster, located at 1 Robertson Drive, Suite 22.

Dr. Shumko is a board-certified physiatrist, specializing in Sports and Physical Medicine at the Barnabas Health Ambulatory Care Center. He provides diagnosis and treatment of musculoskeletal and neuromuscular disorders including acute athletic injuries. Dr. Shumko takes an interdisciplinary approach to care, conscientiously considering the most beneficial treatment options based on a patient's lifestyle, age and overall health.

Over the past 10 years, Dr. Shumko has served as Medical Director of several Livingston-based Barnabas Health Ambulatory Care Center departments including the Sports & Physical Medicine Institute, Matthew J. Morahan III Health Assessment Center for Athletes, Comprehensive Outpatient Rehabilitation Center and the Center for Health and Wellness. He continues to receive many honors including being listed five times as a Top Doctor in *New Jersey Monthly* magazine. Dr. Shumko received his medical degree from the University of Medicine and Dentistry New Jersey Medical School as well as a doctorate in anatomy.

He joins plastic surgeon, Mokhtar Asaadi, MD; pediatric endocrinologist, Dennis Brenner, MD; pain management specialist, David Conyack, DO; and urogynecologist, Jeffrey Segal, MD, at the Barnabas Health Outpatient Centers Medical Office in Bedminster.

He will continue to see new and existing patients at his primary office at the Barnabas Health Ambulatory Care Center, located at 200 South Orange Avenue in Livingston, as well as new patients at the office in Bedminster.

Barnabas Health Outpatient Centers Medical Office in Bedminster is open Monday through Friday from 8 am to 4 pm. For more information regarding referrals to Dr. Shumko, or to schedule an appointment, please call **973.322.7330**.

BARNABAS HEALTH AMBULATORY CARE CENTER

PLAYING IT SAFE: YOUTH CARDIAC AND CONCUSSION SCREENINGS SPONSORED BY THE MATTHEW J. MORAHAN, III HEALTH ASSESSMENT CENTER FOR ATHLETES

Cardiac Screening for young athletes, 6-18 years old.
Concussion Screening for young athletes, 12-18 years old.
For more information about a free up coming event
please visit, www.barnabashealth.org/morahan.
Registration is required. To register for an upcoming
screening, please call, 1.888.724.7123 press prompt 4.



BARNABAS HEALTH AMBULATORY CARE CENTER
200 SOUTH ORANGE AVENUE, LIVINGSTON, NJ 07039

BUILDING A FOUNDATION

UPCOMING EVENTS FOR SAINT BARNABAS MEDICAL CENTER

- Party for a Purpose on April 26
- The SBMC Annual Gala on May 5
- Excellence in Nursing Awards on May 9
- ED Symposium on May 23 and 24



The Livingston Sunrise Rotary held its annual Taste of Livingston to benefit the Saint Barnabas Neonatal Intensive Care Unit (NICU). This year's event raised \$30,000 to enhance the care of premature and critically ill babies.



Rob Marvin, Strategic Account Manager at Becton Dickinson is pictured second from left with Deborah Morrone-Colella, Vice President, Saint Barnabas Medical Center Foundation far right; Tori Weinstein, Director, Saint Barnabas Medical Center Foundation far left; and Lou LaSalle, Vice President, External Affairs, Saint Barnabas Medical Center. Becton Dickinson awarded a grant to Saint Barnabas Medical Center to enhance pediatric diabetes care.



Caterina A. Gregori, MD, past Chairperson of the Department of Obstetrics and Gynecology at Saint Barnabas Medical Center, passed away last year in Pordenone, Italy. Dr. Gregori was a visionary, a pioneer, a mentor. She focused her inexhaustible efforts on patient care, physician education and the advancement of women's health in New Jersey and nationwide. Pictured at her memorial service were **Ronald J. Del Mauro**, former President and CEO, Barnabas Health; **Barry H. Ostrowsky**, President and CEO, Barnabas Health; **Robert S. Dorian, MD**, Chairman, Department of Anesthesiology; **Thad R. Denehy, MD**, Chief, Gynecologic Oncology; **James L. Breen, MD**, Chairman Emeritus, Department of Obstetrics and Gynecology; **Richard C. Miller, MD**, Chairman, Department of Obstetrics and Gynecology; and **John F. Bonamo, MD, MS**, President and Chief Executive Officer, Saint Barnabas Medical Center.



This year's Miracle Walk raised more than \$400,000 to purchase equipment and support projects to enhance the care of NICU babies. The balloon arch marks the starting line at this family-friendly annual event.



2011 Valor Award recipients honored by the Saint Barnabas Burn Foundation at the 24th Annual Award ceremony. Hundreds of firefighters from New Jersey gathered to salute their colleagues for their life-saving efforts.

For more information, please call the Saint Barnabas Medical Center Foundation at **973.322.4321**.



March - May 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.

RELAXING BIRTH CLASS

March 13; 9:00 to 11:30 am

Saint Barnabas Medical Center,

Women's Health/Parent Education Department at Saint Barnabas 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. Advanced registration is requested by calling 973.322.5360.**

HEART HEALTH

March 14; 7:30 to 8:30 pm

JCC MetroWest

Cardiovascular disease is the #1 killer of Americans. Staff from the Heart Center at Saint Barnabas Medical Center will review what steps you can take to reduce your personal risk of cardiovascular disease and to protect your health. **The program is free, but advanced registration is required: 973.322.5620 or barnabashealthcalendar.org/sbmc.**

CHILDBIRTH PREPARATION CLASS

March 19; 7:15 to 9:30 pm

Saint Barnabas Medical Center

Women's Health/Parent Education at Saint Barnabas 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. Advanced registration is requested by calling 973.322.5360.**

IS IT MENOPAUSE?

March 21; 9:30 to 10:30 am

JCC MetroWest

Menopause is a natural biological process, not a medical illness. Even so, the physical and emotional symptoms of menopause can disrupt your sleep, sap your energy and — at least indirectly — trigger feelings of sadness and loss. Lewis T. Ladosci, MD, a gynecologist from Saint Barnabas, will provide information about effective treatments, from lifestyle adjustments to hormone therapy. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

WHAT IT MEANS TO EXPERIENCE A HOLISTIC PREGNANCY

March 21; 9:30 to 10:30 am

JCC MetroWest

Whether you are newly pregnant or planning on becoming pregnant, Michelle Aristizabal, MD, Obstetrician and Gynecologist with Saint Barnabas Medical Center will discuss different approaches to a Holistic Pregnancy and Natural Birthing. Dr. Aristizabal is also a certified Hypno Birthing practitioner and Childbirth Educator. She believes in a natural birthing process and works with her patients to achieve the birthing experience they desire. **The program is free, but advanced registration is required: 973.322.5620 or visit 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

COLORECTAL CANCER AWARENESS*March 27, 2012; 10:30 am**Livingston Senior Center, 204 Hillside Ave. Livingston, NJ*

Mark Gilder, MD, colorectal surgeon, will be speaking about colorectal cancer awareness and the importance of early detection. **Registration is not required.**

DON'T LET HIP AND KNEE PAIN KEEP YOU OUT OF THE GAME*March 28; 7:30 to 8:30 pm**JCC MetroWest*

Millions of people suffer from pain in their hips and/or their knees. This seminar, led by Steven Robbins, MD, an orthopedic surgeon with The Joint Institute at Saint Barnabas Medical Center, will discuss the myriad of treatment options available including joint replacement therapy. The Joint Institute approach aims to relieve pain, restore independence, and return you to work and other daily activities. If your hip or knee pain is dramatically reducing the quality of your life, you should attend this informational seminar. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

SIBLINGS CLASS*April 1; 9:00 am**Saint Barnabas Medical Center,*

Women's Health/Parent Education at Saint Barnabas 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. **A fee applies and advanced registration is required by calling 973.322.5360.**

BREASTFEEDING BASICS*April 3 or 17; 7:00 to 9:30 pm**Saint Barnabas Medical Center,*

Women's Health/Parent Education Department at Saint Barnabas 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 and advanced registration is requested by calling 973.322.5360.**

NEW MOMS' CIRCLE*April 3, 10, 17, 24; 10:00 to 11:30 am**Barnabas Health Ambulatory Care*

Women's Health/Parent Education at Saint Barnabas 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. **The program is free, but advanced registration is required by calling 973.322.5360.**

BREASTFEEDING SUPPORT GROUP*April 3, 10, 17, 24; 11:30 am to 12:30 pm**Barnabas Health Ambulatory Care*

Women's Health/Parent Education at Saint Barnabas 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. **The program is free and advanced registration is required by calling 973.322.5360.**

WEIGHT LOSS SURGERY OPTIONS*April 4; 6:00 pm**Barnabas Health Ambulatory Care*

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. **The program is free, but advanced registration is required: 973.322.7433 or visit barnabashealthcalendar.org/sbmc.**



MATERNITY ORIENTATION*April 4; 7:30 pm**Islami Auditorium, Saint Barnabas Medical Center*

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

PERINATAL BEREAVEMENT SUPPORT GROUP*April 4; 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. **The program is free, but advanced registration is required by calling Dorothy Kurzweil, LCSW, at 973.322.5745 or 973-322-5055.**

WHAT IS NORMAL AGING? WHAT IS DEMENTIA? HOW IS IT DIAGNOSED?*April 11; 9:30 to 10:30 am**JCC MetroWest*

Normal aging can cause some minor changes in memory or learning, but not in a way that affects functioning. This program, presented by Eileen A. Kohutis, PhD, a Clinical Psychologist from Saint Barnabas, will address the signs and symptoms of dementia and the importance of getting a good diagnosis. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

MARVELOUS MULTIPLES*April 14; 9:00 am to 3:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education at Saint Barnabas 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. Advanced registration is requested by calling 973.322.5360.**

EXERCISE-INDUCED ASTHMA IN CHILDREN*April 18; 9:30 to 10:30 am**JCC MetroWest*

We know exercise is a great idea for everyone, but it can be more difficult for kids with exercise-induced asthma. Dorothy Bisberg, MD, a Pediatric Pulmonologist from the Saint Barnabas Pediatric Specialty Center, will discuss why children experience exercise induced asthma, what can be done about it, and ways to encourage your child to be active while keeping symptoms under control. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

RELAXING BIRTH CLASS*April 21; 9:00 to 11:30 am**Saint Barnabas Medical Center*

Women's Health/Parent Education Department at Saint Barnabas 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. Advanced registration is requested by calling 973.322.5360.**

CHILDBIRTH PREPARATION CLASS*April 23; 7:15 to 9:30 pm**Saint Barnabas Medical Center*

Women's Health/Parent Education at Saint Barnabas 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. Advanced registration is requested by calling 973.322.5360.**



APRIL-MAY

WHAT CAN I DO FOR MY CHRONIC PAIN?*April 25; 7:30 to 8:30 pm**JCC MetroWest*

There are many facets to dealing with daily pain, but don't think that having chronic pain has to limit what you are able to do. This program, led by pain management specialists from The Institute for Pain Management at the Barnabas Health Ambulatory Care Center, will address ways you can learn to manage your pain, including lifestyle changes, relaxation techniques, healthy living, exercise and diet. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

MEDICAL CONDITIONS THAT AFFECT YOUR EYES*May 2; 7:30 to 8:30 pm**JCC MetroWest*

Whatever the cause, vision changes should never be ignored. Such changes may represent an eye disease, aging, eye injury, or a condition like diabetes that affects many organs in your body. Learn more from David J. Medford, MD, an Ophthalmologist with Saint Barnabas, about the wide variety of eye problems and visual disturbances and how they can be treated. **The program is free, but advanced registration is required: 973.322.5620 or barnabashealthcalendar.org/sbmc.**

COLON CANCER: A PREVENTABLE DISEASE*May 8; 9:30 to 10:30 am**JCC MetroWest*

Colon cancer is one of the most common, and yet preventable, cancers. With proper screening, 90% of all cases could be prevented. To help protect yourself and your loved ones from the disease, this program, presented by Steven C. Fiske, MD, FACP, FACG, a Gastroenterologist with Saint Barnabas, will review risk factors, symptoms, screening tests, early intervention as well as current research. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

IS BARIATRIC SURGERY FOR ME?*May 16; 7:30 to 8:30 pm**JCC MetroWest*

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. Have your questions answered and learn more from Michael Bilof, MD, an accomplished laparoscopic bariatric surgeon from Saint Barnabas's Bariatric Surgery Center of Excellence and a member of the American Society for Metabolic and Bariatric Surgery. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

THE PURPOSE OF NEURORADIOLOGY: RELEVANCE TO CLINICAL MEDICINE AND PATIENT CARE*May 30; 7:30 to 8:30 pm**JCC MetroWest*

Rahul V. Pawar, MD, from the Saint Barnabas Department of Radiology, will discuss how radiological imaging is used by neuroradiology specialists to diagnosis and treat common issues such as stroke, MS, brain tumors, herniated discs, back pain, throat cancer, and hearing difficulties. **The program is free, but advanced registration is required: 973.322.5620 or visit barnabashealthcalendar.org/sbmc.**

**NOW OPEN!**

Fresh City is now open at Saint Barnabas Medical Center. This daily eatery offers a broad selection of delicious, healthy food options made fresh, while you wait. The "Fresh Fusion" menu offers a unique take on stir fry, soups, sandwiches, salads and smoothies. Fresh City menu selections can be customized to meet each individual's lifestyle choices, dietary needs and daily cravings as meals are made to order. Fresh City is open daily from 10:00 am – 2:00 am. On-line ordering, take-out and delivery within the Medical Center are all available.



Open Daily 10:00 am to 2:00 am Located on the ground floor in the East Wing

For more information, go to www.freshcity.com and select Online Ordering.



The New Jersey Craniofacial Institute Team Performs Saint Barnabas Medical Center's
First Monobloc Facial Bipartition Surgery at Saint Barnabas Medical Center

Omar Abbas was born with a condition that included his eyes being too far apart. This condition impacted his vision as well as his appearance. His parents were very concerned about how this condition would affect their son as he developed and wanted to correct it as soon as medically appropriate. Omar had to undergo an extremely complicated facial surgery called a monobloc facial bipartition in which the entire face was separated from the skull base. The face and skull were repositioned into a more natural position. This intricate and technically sensitive procedure required a multi-disciplinary team of physicians.

His parents contacted **Frank Ciminello, MD**, craniofacial surgeon with the New Jersey Craniofacial Institute, to perform the surgery along with a team of physicians. World-renowned craniofacial surgeon, **S. Anthony Wolfe, MD**, flew from Miami, Florida, to perform this surgery along with a team from the NJ Craniofacial Institute. The team also included **John P. Amato, DDS, MD**, maxillofacial and plastic surgeon, and **Arno Fried, MD**, pediatric neurosurgeon. "We were honored to have Dr. Wolfe in the Operating Room to perform the surgery with our team," states Dr. John Amato. Dr. Wolfe trained Dr. Ciminello and has extensive experience performing this specific surgery.

The successful surgery was performed in October 2011, at Saint Barnabas Medical Center. "This rare procedure is one of the most complex craniofacial surgeries in existence. Saint Barnabas Medical Center is one of a limited number of centers in the country with physician expertise available to perform this procedure," stated Dr. Ciminello. "Our team is treating craniofacial deformities of the highest difficulty on a routine basis," states **Cyrus Amato, DDS**, Medical Coordinator for the Institute.

"For the first time in his life, we think our son is now using both eyes, stated Mayar Abbas, Omar's father. We are grateful to everyone involved in the operation. We are particularly thankful to Dr. Frank Ciminello who was like the Maestro, organizing everything for us. Everyone at Saint Barnabas Medical Center was so helpful and caring and made a difficult situation much easier," he continued.



Cyrus Amato, DDS
 Medical Coordinator



Frank Ciminello, MD
 Craniofacial/Plastic Surgeon



John P. Amato, DDS, MD
 Maxillofacial Surgeon



Arno Fried, MD
 Pediatric Neurosurgeon

To learn more about the Institute, please call, **973.322.7123**.



Mr. and Mrs. Hall, in Alaska celebrating their wedding anniversary.

“I am grateful that Dr. Chamberlain listened to my concerns and that he is such a knowledgeable, talented and compassionate physician.”

~Ken Hall

Routine Surgery results in

LIFE-SAVING CATCH

When Ken Hall was referred for hernia surgery to **Ron Chamberlain, MD, MPA, FACS**, Chairman of Surgery at Saint Barnabas Medical Center, he never imagined that Dr. Chamberlain would save his life. After the routine surgery, Mr. Hall complained of abdominal discomfort. He explained to Dr. Chamberlain that previously after a test for an unrelated health issue, he was told that his main pancreatic duct was slightly dilated. At that time further testing was done which came back normal. When Dr. Chamberlain heard this, he wanted to make sure the pain Mr. Hall was experiencing wasn't related to his pancreas.

Dr. Chamberlain felt that additional follow-up was warranted. As the Medical Director of the Gastrointestinal Cancer Center of New Jersey and a specialist in the areas of pancreas and liver cancer, he ordered a CT Scan to get a better look at the area. The scan showed that Mr. Hall's pancreatic duct was significantly dilated and further testing was needed.

Dr. Chamberlain referred Mr. Hall to **Lawrence Rosenthal, MD**, a gastroenterologist trained in performing Endoscopic Ultrasound with biopsy, a technology that combines endoscopy with ultrasound and biopsy. Its benefits include improved visualization of a patient's internal structures and the ability to biopsy the organ without an open surgery. When Dr. Rosenthal performed the test, he saw an abnormally dilated pancreatic duct, the avenue by which pancreatic enzymes are secreted into the intestine. There was also a visible tumor and part of the pancreas was atrophied. Dr. Rosenthal knew that surgery was the only option and he chose not to biopsy the area to minimize any disruption to the pancreas.

Dr. Chamberlain met with Mr. Hall and his family and explained the situation. Dr. Chamberlain told Mr. Hall that he had an IPMT (Intraductal Papillary Mucinous Tumor) that he felt was benign but he could not be sure until the surgery and pathology were completed. There was a strong probability that a substantial portion of his pancreas and his entire spleen needed to be removed. Since the pancreas is responsible for producing insulin which regulates the level of sugar in one's blood, Dr. Chamberlain explained to Mr. Hall that he may become diabetic and require insulin similar to people with diabetes. In addition, he may also require treatment for the pancreatic tumor.

Mr. Hall and his family immediately scheduled surgery. Eighty-five percent of his pancreas was removed along with his spleen. Directly after the surgery, Dr. Chamberlain spoke to the family and explained that although the IPMT was benign, there was also a cancerous tumor present. Fearing the worst, the family waited for the pathology results. When Dr. Chamberlain received the results, they were much more favorable than anticipated. Mr. Hall had a neuroendocrine tumor—a slow growing cancerous pancreatic tumor—that when caught early is the most

treatable type of pancreatic cancer. Mr. Hall's tumor was discovered early and the surgery had successfully removed the whole tumor. Further treatment was not needed and Mr. Hall was cancer free.

Having lost 20 pounds after the surgery, Mr. Hall has kept the weight off. Although initially required to take insulin injections for a little more than a year and a half after the surgery, Mr. Hall is no longer on any insulin. The part of his pancreas that remains continues to make sufficient insulin for his body. Mr. Hall is all too aware of his good fortune. He credits his survival to great doctors and speaking up. "I shudder to think of what would have happened had I not opened my mouth and voiced my concerns after the hernia surgery. I am grateful that Dr. Chamberlain listened to my concerns and that he is such a knowledgeable, talented and compassionate physician," stated Mr. Hall.



Ron Chamberlain, MD, MPA, FACS
Chairman of Surgery
Saint Barnabas Medical Center



Lawrence Rosenthal, MD
Gastroenterologist
Saint Barnabas Medical Center



Gastrointestinal Cancer Center of New Jersey

We Specialize In:

- ▶ Anal Cancer
- ▶ Colorectal Cancer
- ▶ Esophageal Cancer
- ▶ Gallbladder/Bile Duct Cancer
- ▶ Liver Cancer
- ▶ Pancreatic Cancer
- ▶ Small Intestine Cancer
- ▶ Gastric (Stomach) Cancer

Multidisciplinary Team Meetings

Gastroenterologists, surgical oncologists, colorectal surgeons, pathologists, radiologists, radiation oncologists and medical oncologists hold bi-weekly team meetings to determine the best mode of treatment for our patients.

Advanced Treatment Options including:

- ▶ Selective Internal Radiation Therapy for inoperable liver cancer
- ▶ Complex liver, pancreas and biliary surgery with venous reconstruction
- ▶ Biliary reconstruction
- ▶ Microwave and radio-frequency ablation of liver tumors
- ▶ Insertion of hepatic arterial pumps
- ▶ Heated intra-peritoneal chemotherapy for advanced tumors in the peritoneal cavity

Medical Oncology

Medical Oncologists specializing in gastrointestinal cancers with up-to-date knowledge of cutting-edge advancements and access to clinical trials.

Infusion and Chemotherapy

An outpatient chemotherapy/infusion center with 19 private rooms, on-site laboratory, pharmacy and library.

Genetic Counseling

The Cancer Genetic Counseling and Inherited Risk Evaluation Program provides a thorough assessment geared for individuals and families who are concerned about their risks of developing cancer.

Nutrition Counseling and Psychosocial Support Services

Oncology social workers, art therapists, a holistic nurse, chaplain, dietitian and music practitioner are available to help individuals and families living with a cancer diagnosis.

Contact Information

To speak with the Nurse Navigator call 973.322.9797 or visit www.gicancernj.com.

FERTILITY PRESERVATION FOR CANCER PATIENTS



The diagnosis of cancer is a life-changing event. In many cases immediate treatment is essential to assure the best possible outcome. Unfortunately, life saving chemotherapy or radiation treatments will often impair a women's ability to become pregnant in the future after she is cancer-free. For a young cancer patient who had always dreamed of having a family, the possibility of a family after cancer may still exist through freezing eggs or embryos prior to the initiation of cancer treatment.

Technology has dramatically improved to minimize the time necessary to obtain and retrieve healthy, mature eggs, so that life-saving cancer treatment is not delayed. At The Institute for Reproductive Medicine and Science (IRMS) at Saint Barnabas Medical Center, this can usually be accomplished within 10 days. "We work very closely with the patient's medical oncologist to coordinate care to ensure the best possible results," states **Margaret Graf Garrisi, MD.**

"At our center, we practice evidence-based medicine and have the data necessary for patients to make an informed decision," continued Dr. Garrisi. To date, more than 40 patients have had egg thaw procedures at our center, with delivery rates that are similar to routine IVF procedures and that exceed the national average.

For a woman facing a cancer diagnosis during her reproductive years, it is important to at least consult with a Reproductive Endocrinologist to receive the most current information about fertility preservation prior to the initiation of cancer treatment. At IRMS, a woman with a cancer diagnosis will meet with a physician within 24 hours.

For more information, please call **973.322.8286**.



Margaret Graf Garrisi, MD
Medical Director of Assisted
Reproduction in the Division of
Reproductive Endocrinology



DESPITE A RARE CONDITION DOCTORS HELP MOM GIVE BIRTH TO HEALTHY BABY

After a complicated pregnancy, Nicole and Joseph Mascuch were so happy to welcome their first child, Emma, to the world. They are grateful to the doctors at Saint Barnabas Medical Center who treated Mrs. Mascuch for hereditary hemorrhagic telangiectasia (HHT), a rare genetic disorder which causes abnormal blood vessels called arteriovenous malformations (AVMs) to form affecting blood circulation.

Diagnosed and treated for the disorder as a young girl, Mrs. Mascuch had lived symptom-free until she entered her third trimester. "I began experiencing what I felt was extreme shortness of breath, even for a pregnant woman," explains Mrs. Mascuch. "Just walking to the bathroom felt like I had run a marathon."

At the recommendation of her obstetricians, **Stephen Crane, MD**, and **Linda Luisi-Purdue, MD**, she saw a pulmonologist who determined her oxygen levels were below 90 percent. She was immediately sent to Saint Barnabas Medical Center for a CT Scan of her chest. Consistent with HHT, it showed masses of enlarged blood vessels in her lower lungs which were preventing her from picking up enough oxygen and causing the shortness of breath. An additional MRI ruled out the development of AVMs on her brain and spine and the potential for stroke.

While at the hospital, Mr. and Mrs. Mascuch met with **Edward J. Wolf, MD**, a perinatologist at Saint Barnabas with more than 20 years of experience treating high-risk pregnancies. "Dr. Wolf and a team of specialists talked with us about the plan moving forward," says Ms. Mascuch. "Though we were naturally worried, he and his team made us feel extremely comfortable and

confident that they would do everything they needed to make sure we were both safe."

"To help with her breathing and avoid further hospitalization during the rest of her pregnancy, we monitored Nicole closely and put her on oxygen," explained Dr. Wolf. In addition to her weekly ob/gyn appointments, Ms. Mascuch would see Dr. Wolf twice a week for sonograms to check the baby's heart beat and to be sure mother and baby were doing well.

As a result, Mrs. Mascuch had a smooth delivery and a healthy baby girl. "My whole experience at Saint Barnabas was really great," she says. With the help of the experts at Saint Barnabas, she and her husband look forward to having another child.

To find a Saint Barnabas obstetrician/gynecologist, please call **1.888.724.7123**.



Stephen Crane, MD
Obstetrician/Gynecologist
Saint Barnabas
Medical Center

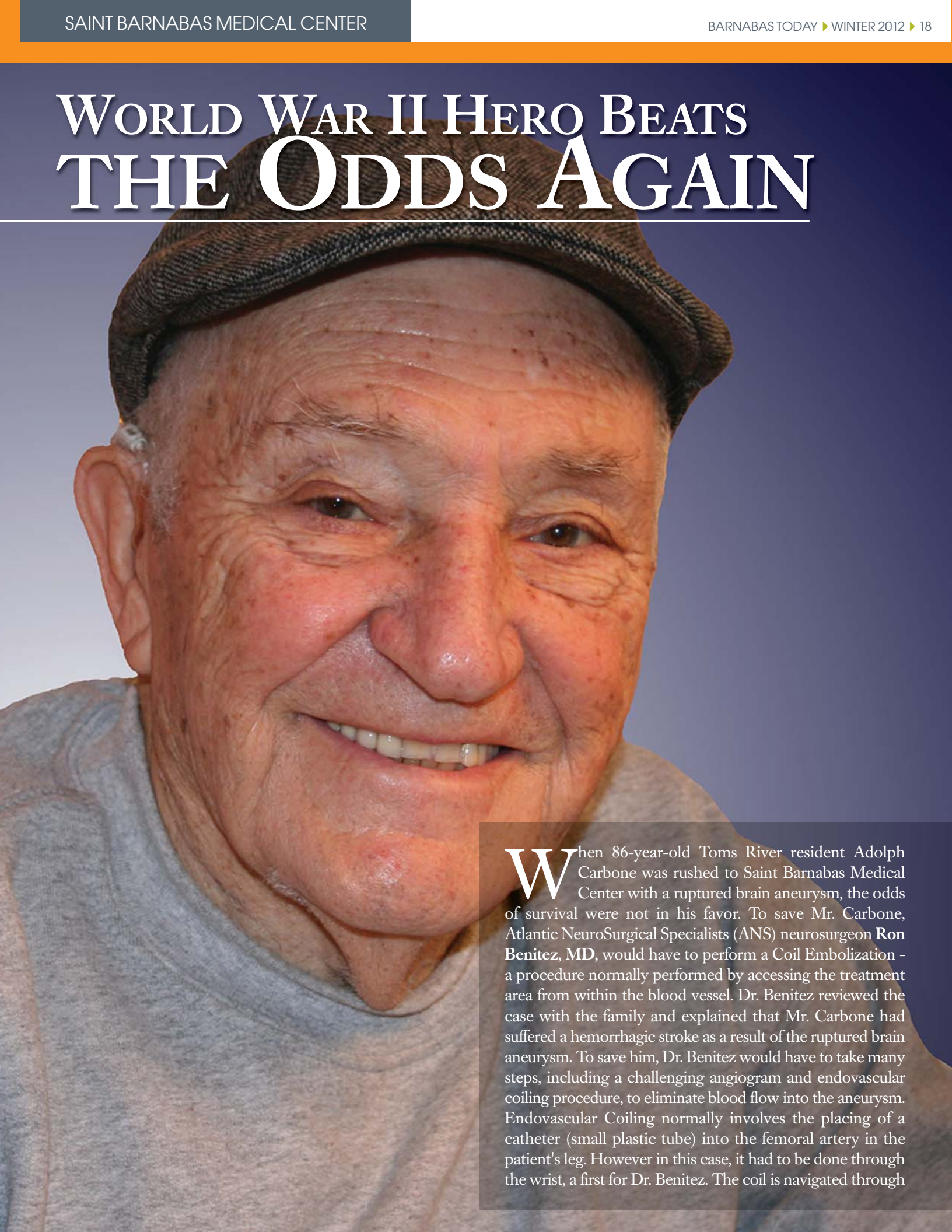


Linda Luisi-Purdue, MD
Obstetrician/Gynecologist
Saint Barnabas
Medical Center

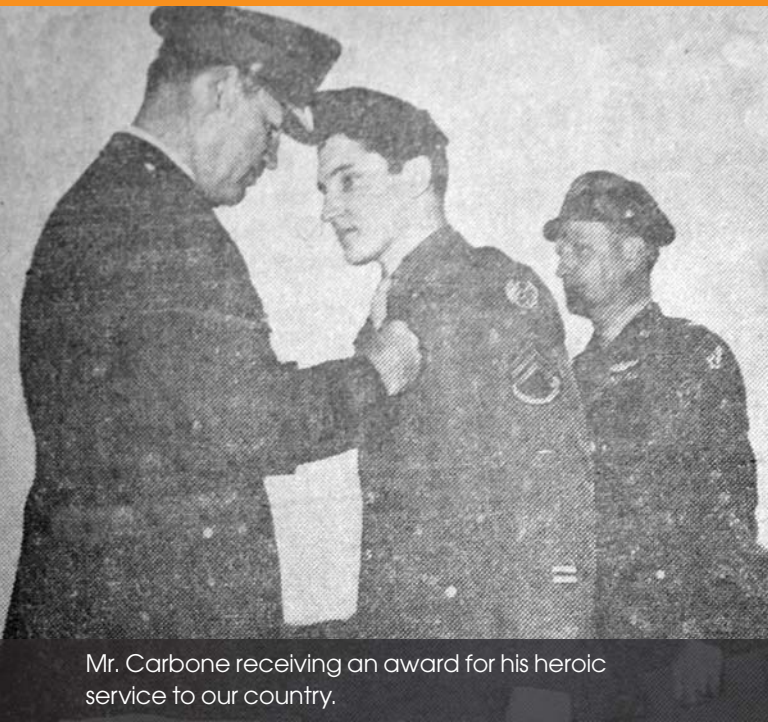


Edward J. Wolf, MD
Perinatologist
Saint Barnabas
Medical Center

WORLD WAR II HERO BEATS THE ODDS AGAIN



When 86-year-old Toms River resident Adolph Carbone was rushed to Saint Barnabas Medical Center with a ruptured brain aneurysm, the odds of survival were not in his favor. To save Mr. Carbone, Atlantic NeuroSurgical Specialists (ANS) neurosurgeon **Ron Benitez, MD**, would have to perform a Coil Embolization - a procedure normally performed by accessing the treatment area from within the blood vessel. Dr. Benitez reviewed the case with the family and explained that Mr. Carbone had suffered a hemorrhagic stroke as a result of the ruptured brain aneurysm. To save him, Dr. Benitez would have to take many steps, including a challenging angiogram and endovascular coiling procedure, to eliminate blood flow into the aneurysm. Endovascular Coiling normally involves the placing of a catheter (small plastic tube) into the femoral artery in the patient's leg. However in this case, it had to be done through the wrist, a first for Dr. Benitez. The coil is navigated through



Mr. Carbone receiving an award for his heroic service to our country.

the vascular system, into the head and into the aneurysm. ANS performs more of these procedures than any other medical practice in New Jersey.

As Dr. Benitez explained the risks of the procedure, especially for an 86-year-old man, Mr. Carbone's daughter spoke for the family. "We want you to go aggressive, do everything you can to save my father. He is not a typical 86-year-old man."

Can Adolph Carbone's life be described as normal? No. Indeed, his life has been a rollercoaster ride of many highs and lows. His luck could be compared to someone having been struck by lightning twice, a rare and random occurrence of misfortune; but in his life, it was the stroke of good luck, not lightning, that would save him more than once in his lifetime.

Born in Newark, NJ, on April 29, 1925, he was the oldest child (he had a brother Vincent and a sister Patricia) to Patsy and Frances Carbone. At the age of 17, he enlisted in the US Army Air Corps with hopes of becoming a pilot. His dreams came true at the age of 18 when he was assigned to Captain Harold E. Lanning's crew and later assigned to the 491st bomb group 854 squadron based at North Pickenham, UK.

During his career, he would cheat death not once, but twice. First, on November 9, 1944, returning from a mission over Germany, his plane crashed, killing his close friend.

His second brush with death occurred on November 2, 1944, when 190 enemy fighters greeted his squadron with a hail of bullets. A majority of the crew was either shot down or blown from the sky, including Mr. Carbone. Captain Lanning and his crew, including Mr. Carbone, bailed from the shot-down aircraft. Mr. Carbone recalls, "My first thought was to count to 10, then pull the ripcord. I got to three and found I could not raise my right arm to grasp the ripcord handle.

I was frantic, but I did not lose my senses. As I was tumbling towards the earth I used my left hand to raise my right hand over the pull handle of the chute, but I had no strength to pull the cord. I then began to hit my right hand with my left and the chute finally opened. To this day, I believe it was more than my hands that opened that chute. Once the chute opened, I had a strong feeling that I was safe. As I got closer to the ground I tried to observe the terrain to decide whether to cross my legs or not. All of a sudden the ground was coming up fast. I landed in a soft patch surrounded by trees. I was unable to move."

He had landed in Leuven, Belgium, a place, where much later in life he would be honored and memorialized for his bravery. During his recovery in Belgium, he underwent many surgeries followed by an extensive recovery period. At one point, his parents were even contacted and advised that their son's injuries were mortal and survival was unlikely; however, he fought his way through his injuries and has been living the good life ever since.

Mr. Carbone was awarded the Silver Star, Purple Heart, and Air Medal for his dedication and bravery in the Army, but if you ask Mr. Carbone his greatest accomplishments in life, he would answer "my family". He married Anne Caccholi in 1950, and they have five children, Patricia (Patti-Anne), Adolph Jr. (Butch), Michael, Kathleen and Annie, 18 grandchildren and three great grandchildren with more on the way. His career path is an interesting journey, including owning amusement parks in Seaside Heights, NJ, studying and receiving his law degree, and teaching history to high school students for over twelve years.

When asked his feelings about Dr. Benitez, Mr. Carbone simply states, "He saved my life." Dr. Benitez's view on the case is different. "I may have helped save his life, but Adolph is unique," states Dr. Benitez. "Nine-hundred ninety-nine people out of 1000 people would not have survived his scenario. After learning about him, it is clear to me he has fight within him which all people should strive for in their lives. Adolph still has it. He is phenomenal."

For more information about Dr. Benitez please call **973.285.7800** or visit www.barnabashealth.org.



Ron Benitez, MD
Neurosurgeon
Saint Barnabas Medical Center

HEART SURGERY: A NEW MODEL



Fred Sardari, MD, Cardiothoracic Surgeon, *left*;
Paul G. Burns, MD, Director of Cardiac Surgery at Saint Barnabas Medical Center.

Cardiac surgery in the United States is undergoing sweeping change. While heart health education campaigns and the use of statin medications for lowering cholesterol are helping to reduce the total annual number of coronary artery bypass procedures in this country, the number of valve surgeries is on the rise.

As our population ages, physicians are seeing more heart valve disease. When you consider that in a 70-year lifetime, the average heart valve opens and closes more than 2.5 billion times, it is not surprising that the heart valves may weaken or stiffen.

Located at Saint Barnabas Medical Center and Newark Beth Israel Medical Center, the Barnabas Health Valve Center is at the leading edge of the new comprehensive approach to heart valve disease. Remarkable new medical technology and surgical techniques allow us to treat and cure valve disease in ways that were impossible only a few years ago. Early diagnosis is possible with the latest imaging technology that gives doctors extraordinary views inside the beating human heart.

TAVR and Minimally Invasive Surgery

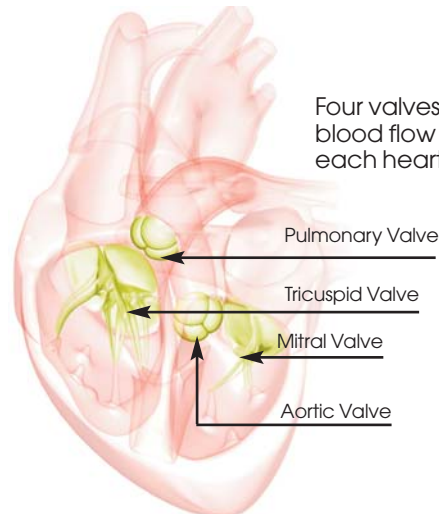
Valve repair and replacement in the new millennium does not always require a long incision through the breastbone. The Valve Center is one of 100 premier cardiac programs in the U.S. chosen to provide FDA-approved transcatheter aortic valve replacement (TAVR). Performed by cardiac interventionalists and surgeons working side-by-side in a state-of-the-art Hybrid Operating Room, TAVR involves threading a new valve into the heart using catheters that are inserted in the groin. Once in place, the valve begins to function immediately and can dramatically improve the quality of life for people with severe aortic stenosis.

For those whose heart valve disease requires surgery, Barnabas Health cardiac surgeons have pioneered new techniques performed through small incisions made between the ribs. In addition to less pain and quicker recovery, this progressive approach lowers the risk for complications. Research studies show that cardiac teams with more

experience have better skills that result in better patient outcomes. Our Valve Center has performed thousands of successful heart valve procedures and is part of an outstanding cardiac center.

A Team Approach

Perhaps the most important advancement has been the collaboration among cardiac specialists in tackling valve disease. Our team of cardiologists, cardiac surgeons, cardiac anesthesiologists and cardiac imaging specialists consult with the patient's doctor following diagnostic testing that can be scheduled at any one of our network of Heart Centers.



Four valves open and close to let blood flow in one direction with each heart beat.

TOP HONORS!

The Society of Thoracic Surgeons awarded Saint Barnabas Medical Center a 3-star rating for coronary artery bypass procedures. The report was recently published and is based on data collected from 2010 thru 2011. Only 14 percent of U.S. cardiac surgery programs achieved this top rating. Saint Barnabas' success reflects the collaborative efforts among the entire Heart Center team.

For more information about The Heart Center at Saint Barnabas Medical Center call **973.322.5244**.

Simple Crock Pot Meals

SLOW COOKED BABY BACK RIBS

Ingredients

- ▶ 3lb of Baby Back Ribs
- ▶ ½ Cup Your Favorite BBQ Sauce
- ▶ ½ Cup Brown Sugar
- ▶ 1 Tablespoon Smoked Paprika
- ▶ 1 ½ Teaspoon Chili Powder
- ▶ 1 Tablespoon Dried Mustard
- ▶ 1 ½ Teaspoon Salt
- ▶ 1 Teaspoon Cumin
- ▶ ¾ Teaspoon Black Pepper
- ▶ ¾ Teaspoon Ground Oregano
- ▶ ¼ Teaspoon Cayenne Pepper
- ▶ ¼ Teaspoon Sugar
- ▶ ½ Cup Beef Broth

Preparation: Trim excess fat from ribs. Combine dry ingredients, coat the ribs with mixture. Place ribs in a Crock-pot; ribs facing up. Pour in the liquid ingredients and cook on low for 6 to 8 hours. Remove the ribs from the cooker and cut. Ladle the sauce over the ribs and serve.

Nutrition Information: 1 serving equals 555 calories, 39g fat (14g saturated fat), 153mg cholesterol, 500 mg sodium, 15g carbohydrate, 1g fiber, 33g protein.

COCONUT CHICKEN CURRY

SERVINGS 4

Ingredients

- ▶ 1 Tablespoon Vegetable oil
- ▶ 1 Chicken Cut into 8 pieces
- ▶ 3 Medium Potatoes Peeled and Chopped
- ▶ 1 Large Onion Chopped
- ▶ 1 Can 14 oz Coconut Milk
- ▶ 1 Cup Chicken Broth
- ▶ 2 Tablespoon Curry Powder
- ▶ ½ Tablespoon Hot Sauce (*Mrs. Anna's Preferred*)
- ▶ 1 Teaspoon Salt
- ▶ ½ Teaspoon Black Pepper
- ▶ 10 oz Frozen Peas

Preparation: Heat oil in a large fry pan. Brown chicken pieces on all sides. Place potatoes and onions in a Crock pot. Top with chicken pieces. Pour all ingredients into the Crock pot. Cover cook on low for 6 to 8 hours. About 30 minutes before serving add the peas. Serve over cooked rice and beans.

Nutrition Information Per Serving: Calories 538, Fat 29g, Carbohydrates 35g Protein 37g.

Saint Barnabas Medical Center's

Award-Winning

Executive Chef Jesse Kraft

shares some easy Crock Pot recipes so you can spend less time in the kitchen and more time enjoying the outdoors.

TURKEY CHILI

Ingredients

- ▶ 1lb Ground Turkey
- ▶ 1 Can Red Kidney Beans
- ▶ ½ Cup Coarsely Chopped Onion
- ▶ 2 Cans (14.5 ounces each) Diced Tomatoes with Juice
- ▶ 1 Can (16 ounces) White Beans
- ▶ ½ Cup Diced Tomatoes
- ▶ ½ Cup Diced Red Peppers
- ▶ ½ Cup Diced Green Peppers
- ▶ 3 Tablespoon Chopped Cilantro
- ▶ 2 Tablespoons Tomato Paste
- ▶ 2 Teaspoons Chili Powder
- ▶ 1 ½ Teaspoons Ground Cumin
- ▶ Salt and Pepper to Taste

Preparation: In a large skillet over medium heat, brown ground turkey and onion. Drain off excess fat. Transfer browned mixture to the Crock-pot with remaining ingredients. Stir gently to blend ingredients. Cover and cook on LOW setting for 5 to 6 hours. Taste and season with salt and pepper. Serve with a dollop of sour cream and a little shredded cheese.

Nutrition Information: Per servings Calories 185, Total Fat 6.1g, Cholesterol 42mg, Monounsaturated Fat 1g, Polyunsaturated Fat 1g, Protein 25.5g, Carbohydrate 33.3g, Fiber 10.1g, Cholesterol 13mg, Iron 4 mg, Sodium 700mg, Calcium 95mg.

Saint Barnabas Medical Center
 Barnabas Health Ambulatory Care Center

94 Old Short Hills Road, Livingston, NJ 07039



Saint Barnabas Directory of Services and Medical Staff is online at

www.barnabashealth.org/hospitals/saint_barnabas/info/directory_services.pdf

or call **973.322.2718** for a copy.

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