

A PUBLICATION FROM MONMOUTH MEDICAL CENTER SOUTHERN CAMPUS

# HEALTHY AGING

NOVEMBER 2018



## EAT WELL!

TASTY,  
DIABETES-  
FRIENDLY  
FOODS

**ASK THE EXPERT:**  
PROSTATE HEALTH

KEEPING YOUR  
**GRANDKIDS SAFE**

**POWER FOOD:**  
SQUASH



INSIDE MMCSC'S GERIATRICS INSTITUTE



# What are the next steps if my PSA test comes back positive?



Prostate cancer is one of the deadliest forms of cancer among men for one big reason—late detection. According to the Centers for Disease Control and Prevention, men over the age of 60 are at increased risk for the disease, so men 60 to 70 are encouraged to get screened regularly, at a frequency determined by their physician.

The Prostate Specific Antigen (PSA) test is a simple blood test that has long been the standard in frontline screening for prostate cancer. The test doesn't come back with a simple "positive" or "negative" result, but rather a numerical value. Depending on the value of your results, your physician may recommend one of the following:

- no further evaluation needed
- a follow-up exam
- a recheck of your PSA values in a specific time frame
- a biopsy of the prostate

Monmouth Medical Center Southern Campus is offering advanced technology, called the MRI/Ultrasound Fusion Biopsy, to more accurately diagnose suspected prostate cancer. "This new method

tests suspected prostate tumors by fusing MRI images of the prostate with ultrasound images," explains Mukaram Gazi, MD, FACS, urologist and Chair of the Department of Surgery at MMCSC. "This technique offers a direct, guided approach to suspicious lesions on the prostate, resulting in more precise results."

Combining MRI and ultrasound technology allows physicians to better determine the stages of prostate cancer and whether a certain case is high- or low-risk. Having access to such clear-cut data yields better treatment options for patients because it allows physicians to be more certain whether a case calls for a watch-and-wait approach, surgical intervention or radiation therapy.

The ideal candidates for MRI/Ultrasound Fusion Biopsy at MMCSC are men with elevated or rising PSA levels or those who have a clinical concern for prostate cancer. This includes men who have had a previous negative biopsy result or an abnormal rectal exam, or who have been diagnosed with prostate cancer but have been given a watch-and-wait treatment plan.

This two-step procedure is performed on an outpatient basis, and patients must first be evaluated by a urologist to determine if they're a candidate for this type of biopsy.

If you have an elevated PSA level, check with your urologist or physician to see if you might be a candidate for MMCSC's innovative follow-up diagnostic approach. If you need to find a urologist, call 888-724-7123 or visit [rwjbh.org/monmouthsouth](http://rwjbh.org/monmouthsouth).

## 5 EARLY-WARNING SIGNS

Watch for these signs and symptoms of prostate cancer from the Centers for Disease Control and Prevention:

- Frequent, bloody or painful urination
- Difficulty controlling your bladder
- Erectile dysfunction
- Lower back, hip or pelvic pain
- Decrease in semen ejaculated during sex

# Hold the Carbs (But Not the Flavor!)

These diabetes-friendly foods will help you snack without worry.



For those living with diabetes, constantly watching your carb intake to keep your blood sugar in check can be a real drag. But you needn't deprive yourself of great-tasting foods. "The trick is to stick to foods full of protein, fiber and healthy fats, which, when combined, help to slow digestion and moderate your glucose levels," says Autumn Dempsey, RN, CDE, Regional Program Coordinator, MMC and MMCSC's Center for Diabetes Education and Nutrition. There are a surprising number of options that will satisfy your taste buds but won't spike your blood sugar. In honor of National Diabetes Awareness Month (and the 30 million Americans with diabetes), here's a sampling of guilt-free foods:



### PROTEINS AND FATS

Lean meats, fish, eggs and cheese are nearly all protein and fat, which give you energy but have zero effect on your blood sugar.



### NUTS

The majority of nuts are high in fiber, plant protein, and helpful antioxidants and minerals. Be sure to choose plain nuts—flavor coatings usually contain carbs and sugar.



### FLAVOR-PACKED BEVERAGES

Instead of sugary drinks, try adding lemon, lime or cucumber to water, or adding a cinnamon stick to hot tea.



### MELONS AND BERRIES

While conventional wisdom will tell you to steer clear of anything sweet-tasting, including most fruits, one cup of melon or berries has just 15 grams of carbs, and their high fiber content will help you digest the carbs without spiking your blood sugar.



### LEGUMES

Dried beans, peas, chickpeas and lentils are packed with fiber, which makes you feel full and helps moderate your blood sugar.



### GARLIC

Long a home remedy for diabetes and a host of other conditions, garlic—either raw or cooked—contains certain ingredients that some studies have shown help reduce blood sugar levels.



### YOGURT

A 2014 study showed that eating plain yogurt daily may reduce the risk of type 2 diabetes—the only dairy product to do so. Eating sweetened or flavored yogurts will offset any benefits due to their added carb and sugar content.

### OTHER TIPS TO KEEP YOUR BLOOD SUGAR IN CHECK:

- Eat proteins before carbohydrates, or at least with them. This will help minimize the carbs' impact on your blood sugar.
- Stay hydrated with water.
- Exercise regularly. A little can go a long way when it comes to controlling your blood sugar.
- It's better to eat smaller meals more frequently than occasional huge meals.
- Reduce stress.

MMCSC is proud to offer an award-winning Diabetes Education Program, which teaches people who are living with diabetes effective self-management techniques. Participants receive assistance with glucose monitors, get nutrition and meal-planning advice and learn about available treatment options.

Diabetes self-management classes are offered on Thursdays from 10 a.m. to noon at MMCSC. A prescription for diabetes education and nutritional counseling from your physician is required. The fee for this service is often covered by insurance and Medicare. All sessions are held at The Center for Healthy Living, located at Monmouth Medical Center Southern Campus, 198 Prospect Street in Lakewood. Registration is required. Call 732-886-4731.



# Maximizing Health for Seniors

MMCSA's Geriatrics Institute provides specialized healthcare services in a welcoming environment.

As we age, our healthcare needs change—often growing and changing. This can present physical, financial and emotional challenges, especially if you have to travel to multiple providers and facilities (and on a regular basis). That's why the James and Sharon Maida Geriatrics Institute at Monmouth Medical Center Southern Campus has become such a valued resource for area seniors. Think of it as "one-stop shopping" for your medical needs. Whether you need emergency treatment, a primary care visit, a consultation with a specialist, a cognitive evaluation, hospitalization, outpatient diagnostic tests or rehabilitation services, your care can be coordinated under one roof—and provided by experts specially trained in the needs of aging adults.

Here's a look at some of what the Institute offers:

## GERIATRIC EMERGENCY MEDICINE UNIT

When you need immediate medical care for a serious, acute problem or need care after hours, the Institute's Geriatric Emergency Medicine (GEM) Unit provides specialized emergency medical care for older adults in a safe and calming atmosphere. Every member of the unit's interdisciplinary team of caregivers is specially trained in geriatric medicine—and the team includes a clinical pharmacist to review all of your current medications. The Unit's eight treatment rooms feature non-skid floors, easier-to-access beds, easier-to-read signage, soft lighting and larger TVs. They're also acoustically designed to minimize ambient noise.

## ACUTE CARE FOR ELDERLY (ACE) UNIT

The Institute's Acute Care for Elders (ACE) Unit provides a dedicated wing of spacious single-patient rooms for patients 65 and older who need to be hospitalized. This wing is separated from the rest of the hospital to provide a quiet, restful environment. Much like the GEM Unit, the ACE Unit is designed with the needs of older adults in mind, featuring environmental safety features coupled with warm colors, soft lighting and other touches, like bedside recliners and dedicated family gathering spaces, to maximize comfort for both patients and their families.

## BETTER HEALTH PROGRAM

To improve the health and well-being of local seniors, the Institute offers a free membership program called Better Health. All members are entitled to the following privileges:

- VIP access to health education seminars led by experts from MMCSA
- Free preventive screenings
- Exercise classes, including Tai Chi and yoga

- Social activities, ranging from concerts to luncheons
- A complimentary subscription to *Healthy Aging*
- Preferred physician scheduling: Appointments are guaranteed within 48 hours of your request
- Preferred parking at MMCSA's Outpatient Pavilion
- Easy access to pre-register for upcoming services (simply call 888-726-2362)
- A 10% discount at the hospital's gift shop

## MEET THE CLINICAL TEAM



ABHIJIT CHATTERJEE, MD

Abhijit Chatterjee, MD, NYU fellowship-trained and double board-certified in geriatrics and internal medicine, joined the Institute as a full-time geriatrician on Nov. 1. Dr. Chatterjee brings more than 22 years of experience in various clinical settings in the geriatric arena to the Institute. "I believe that a geriatrician can help seniors maintain their functionality and

independence till a very ripe age by timely and age-appropriate health interventions," says Dr. Chatterjee, who is very passionate about healthy aging and preventive care. "The aging process is unavoidable, but the manner in which you choose to age will affect the quality of the rest of your life. It's not uncommon nowadays to see 80- and 90-year-olds lead productive and fulfilling lives." Dr. Chatterjee also believes that the multidisciplinary approach to senior care that the Institute offers is an added bonus that private practitioners can't provide.



MELANIE VERNACCHIA, MSN, APN, OCN

As a nurse practitioner, Melanie Vernacchia, MSN, APN, OCN, serves as a second pair of clinical eyes to oversee and coordinate all aspects of the Institute's operations. "I'm very hands-on with patient care, which I love, and very involved on the 'front end' of everything that goes on," says Vernacchia, who explains that the Institute's approach to patient care is holistic. "We focus on the whole person and feel that the patient-provider relationship should be one of mutual respect and collaboration," says Vernacchia. "We believe in treating each person as a unique individual with specific healthcare needs."

provider relationship should be one of mutual respect and collaboration," says Vernacchia. "We believe in treating each person as a unique individual with specific healthcare needs."

» To join the Institute's Better Health program, call 888-726-2362 or visit [rwjbh.org/betterhealth](http://rwjbh.org/betterhealth). After registering, you'll receive a Welcome Kit in the mail, including a membership card and a hospital parking permit.





# Squash for every season

With a rich history and even richer nutrient content, this fruit is credited with a variety of health benefits.

## DID YOU KNOW?

Squash's history in the United States predates European settlement by thousands of years. Originating in Central America and Mexico, it was a staple for Native Americans for more than 5,000 years. European voyagers were introduced to the vegetable during their explorations of North and South America. While Florida leads the country in squash production today, New Jersey is the fourth-largest producer. Southern counties like Atlantic, Salem and Cumberland grow most of the state's squash, but Morris, Sussex and Warren counties are also contributors.

## POWERS

There are a variety of health benefits attributed to squash, which is typically grouped into two categories: winter squash (such varieties as acorn, pumpkin and butternut squash) and summer squash (which include zucchini and yellow crookneck squash). Both types of squash contain antioxidants. These carotenoids, particularly lutein and zeaxanthin, have been recognized for reducing the risk of chronic eye diseases like age-related macular degeneration and cataracts and for their anti-inflammatory properties, which may be beneficial to both the cardiovascular and gastrointestinal systems. Recent studies also suggest that the polysaccharides found in squash, which come from its high carbohydrate content, may help protect against diabetes and aid in insulin regulation. Leave the squash's skin intact and eat the flesh and seeds to enjoy the highest concentration of nutrients.

## BUY | STORE | GROW

The main difference between summer and winter squash is at what stage of maturity they're harvested. Summer varieties are harvested while immature and tender, while winter varieties are allowed to harden. Winter squash should be chosen for their dull, hard rinds. They're available now through March and are at their peak in October and November. Winter squash can last anywhere from one week to six months, depending on the type. They should be stored in a cool, dry place. Refrigeration is only recommended once the squash is cut, otherwise the humidity will cause deterioration.

When shopping for summer squash, which are available year-round, inspect the rind and opt for those that have a sheen and are free of blemishes. Store summer varieties in an airtight container in the fridge for up to seven days, and avoid washing them until you are ready to use them.

Should you choose to grow your own squash, methods will vary depending on the kind you want to cultivate. In general, squash need considerable growing space, and young seedlings can be harmed by frost. You may choose to start seeds indoors or wait until the last frost. Pick a place with lots of sun and good drainage. Space according to seed instructions. If you're transplanting seedlings outdoors, cover them with a flowerpot for a few days to allow them to adjust and to prevent wilting. The plants should flower and begin producing the prolific amounts of squash they're known for. Summer squash can be harvested when they are young—no more than 6 to 8 inches long. Winter squash are harvested when fully mature, at the end of the growing season.



## Community Calendar

### Diabetes Empowerment Education Program

Wed, Nov. 7, 14, and 28 and Dec. 5, 12, and 19, 10 to 11:30 a.m.

Are you a person with Medicare living with diabetes or know someone who is? Take control of your health through a free, interactive and fun six-week workshop series. Meet others going through similar experiences and learn about diabetes and its risks, preventing complications, healthy eating, exercise, medication management, dealing with stress and depression, action planning and much more. Graduates from this evidence-based program have lost weight, improved eating habits and lowered their blood sugar levels. Open to all who are living with diabetes or caring for someone who does. Class takes place in the 3rd Floor Conference Room of Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. To register, call 888-724-7123.

### Creating Healthy Holiday Traditions

Tue, Nov. 20, 1 to 3 p.m.

Join Registered Dietitian and Certified Diabetes Educator Lauren Dorman as she discusses strategies for healthier holiday meal preparation and healthier eating strategies for your holiday get-togethers. Learn healthy recipes and create a healthy holiday treat. Additionally, Kelly DeLeon, MS,

H. Ed., will explore new traditions that can help ease some of the stressors of the season. Conference Room ABC at Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. Registration required—call 888-724-7123.

### Five Wishes

Tue, Nov. 27, 10 to 11 a.m.

Presented by Claire Verruni, RN, CHPN, expert in hospice and palliative care. There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important: how you are treated if you are seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once properly completed and signed, it is legally valid in most states. Conference Room B & C at Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. Register by calling 888-724-7123.

### Tai Chi for Beginners: Better Health Members ONLY

Thursdays, Nov. 29 to Jan. 31 (8-week series), 1 to 2 p.m.

Free for Better Health Members who are new to Tai Chi. Led by expert instructor Kit Lau, Tai Chi can improve balance, coordination and lower body strength. Held in the 3rd Floor Conference Room of Monmouth Medical Center Southern Campus, 600 River

Avenue, Lakewood. Registration is required—call 888-724-7123.

### From Saint to Santa: A Better Health Members ONLY Event

Fri, Dec 7, 11 a.m. to 1 p.m.

Through centuries of art, much of it now in East Coast museums, we'll explore how a Turkish bishop evolved into one of Christianity's most beloved saints. Then, in American artwork, we'll see Nicholas change again—into Santa Claus. Presented by Michael Norris, Ph.D., art historian and former museum educator at the Metropolitan Museum of Art. Light fare will be served. Conference Room ABC at Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. Space is limited and registration is required—call 888-724-7123.

### Keeping your Grandkids Safe and Happy While in your Care! (Holiday Edition)

Mon, Dec. 10, 2 to 3 p.m.

Program will cover current trends in child safety in the home, outdoors and on the road, this year's hottest holiday toys and how to select safe, age-appropriate gifts for the grandkids. Ocean County Library, Manchester Branch, 21 Colonial Drive, Manchester. To register, call 732-657-7600.

(CONTINUED ON NEXT PAGE)

(CONTINUED FROM PREVIOUS PAGE)

# Community Calendar

**All Levels Yoga: New & Returning Students  
(Better Health Members ONLY)**  
Fridays, through Dec. 21,  
Noon to 1 p.m.

This class is for Better Health Members who are brand new to yoga. Led by Nicole Franchino, E-RYT, the class will move slowly, focusing on all of the yoga basics. Wear comfortable clothing and bring a yoga mat. Class will not be held on Fri, Nov. 23. 3rd Floor Conference Room of Monmouth Medical Center, Southern Campus, 600 River Avenue, Lakewood. To register, call 888-724-7123.

**Mindful Mondays: Gentle Movement & Meditation  
(Better Health Members ONLY)**  
Mondays, through Dec. 17, 1 to 2 p.m.

Led by Nicole Franchino, E-RYT, this class will help reduce stress and anxiety as well as loosen tight muscles and stiff joints. Breathing techniques and guided visualization will be explored. No experience necessary. Bring a yoga mat and wear comfortable clothing. Class will not be held on Mon, Nov. 5. Class takes place in the 3rd Floor Conference Room of Monmouth Medical Center Southern Campus,

600 River Avenue, Lakewood. To register, call 888-724-7123.

**Caregivers  
Support Group**  
Tuesdays, Noon to 2  
p.m.; Wednesdays,  
12:15 to 2:15 p.m.

This group meets in the 3rd Floor Conference Room, Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. For more information or to register, call 732-730-9112.

**Grandparents Raising Grandchildren Support Group**  
Wednesdays, 10:30 a.m. to 12:30 p.m.

This group meets in the 3rd Floor Conference Room, Monmouth Medical Center Southern Campus, 600 River Avenue, Lakewood. For more information or to register, call 732-730-9112.



AD TK