

A Publication of  
**ROBERT WOOD JOHNSON  
UNIVERSITY HOSPITAL HAMILTON**

FALL 2018

# healthy *together*



**A NEW STATE OF HEALTH  
FOR YOU & YOUR FAMILY**

**PELVIC PAIN:  
FINDING RELIEF**

**DIABETES  
BY THE NUMBERS**

**LIFE CHANGING  
WEIGHT-LOSS SURGERY**

# A New State of HEALTH

At its heart, healthcare is about people: about you and your family, your doctors and other members of your care team. Supporting that care are researchers—people with minds curious and rigorous enough to help determine which treatments work best and to discover new ones.

At RWJBarnabas Health, we stand for all these people—every single member of each community we serve. With our new partner Rutgers University, one of the nation’s leading public educators, we’re creating a new state of health in New Jersey. Together, we’re building a network of the best minds to deliver unparalleled patient care, to train the next generation of exceptional medical professionals, and to grow our shared commitment to groundbreaking research. Our goal is simple: for you and your loved ones to have access to the highest quality care in the nation.

For example, the Cancer Center at Robert Wood Johnson University Hospital Hamilton, an RWJBarnabas Health facility, was recently expanded and features some of the newest and most precise treatment technology in New Jersey. The newly-upgraded facility reflects a deep commitment by RWJBarnabas Health and Rutgers Cancer Institute of New Jersey—the state’s only Comprehensive Cancer Center designated by the National Cancer Institute—to enhance the community’s health and provide patients the cancer care they need, close to home.

Where you get your healthcare matters. With this magazine, we’ll share what we stand for and how our values are positively impacting the health of individuals and entire communities. We hope you enjoy reading more about what we’re doing—and its importance to your health—in the pages of this new quarterly publication, *Healthy Together*.

Yours in good health,

**BARRY H. OSTROWSKY**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
RWJBARNABAS HEALTH

**RICHARD FREEMAN**  
PRESIDENT AND CHIEF EXECUTIVE OFFICER  
ROBERT WOOD JOHNSON UNIVERSITY  
HOSPITAL HAMILTON



## HEALTH NEWS

# 18



The percentage increase in stroke risk for folks who don’t eat breakfast versus those who do. Experts think it may be because eating helps prevent spikes in blood pressure. So how do you like your eggs? —STROKE



### MEDITATE FOR BETTER SLEEP

You know meditation reduces stress and improves concentration, but did you know that it helps you sleep better? A study found that mindfulness meditation improved sleep quality among its participants. —JAMA INTERNAL MEDICINE

# SAY thank you :)

Study participants who took part in a five-minute practice of reflecting on what they’re thankful for were shown to have spikes in immunoglobulin A, an antibody responsible for fighting off viruses. —JOURNAL OF ADVANCEMENT IN MEDICINE

**Robert Wood Johnson University Hospital Hamilton** | **RWJBarnabas HEALTH**

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609-586-7900

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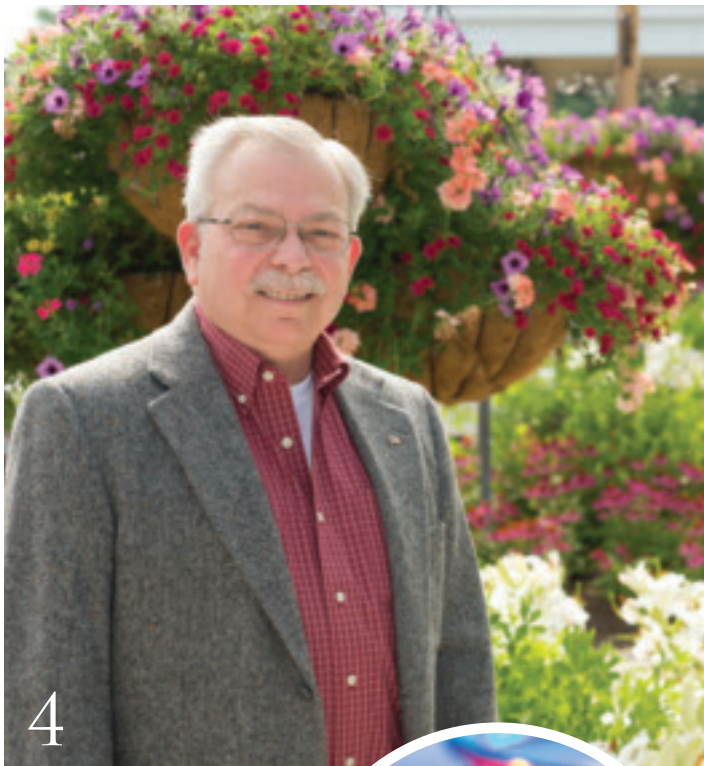
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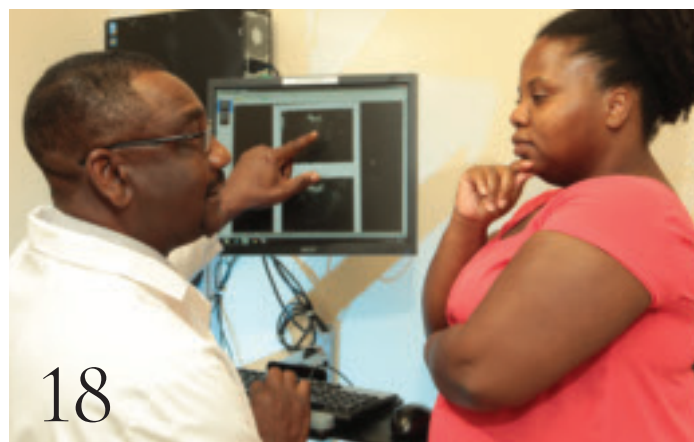
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# A GROWING LEGACY

TO HONOR HIS BELOVED WIFE, CAROL, LOU SALAMON DONATED A GARDEN THAT BRINGS JOY AND COMFORT TO CANCER PATIENTS.

Lou Salamon recalls the day with tears in his eyes. It was his wife Carol's birthday, and earlier that day, he had stopped by the Cancer Center at Robert Wood Johnson University Hospital Hamilton, where she had been receiving treatment, to ask the nurses to sign a birthday card for her.

Carol ended up receiving much more than a card.

"When I brought Carol in that afternoon for her fluids, I wheeled her in, and as I came around the nurses' station, they had a banner up wishing her a happy birthday," recalls Lou. "Somebody had gotten a tray of cupcakes, there were

candles, and they had begonia and daisy plants for her. That's the kind of folks who are there. They take a genuine interest in making a patient's life more comfortable."

As Lou wheeled Carol in, one of the nurses was filming. "It's just an 18-second clip, but I can't tell you how many times I've watched that," says Lou. "I have a special affinity in my heart for these folks and what they do."

Receiving treatment at the Cancer Center was an easy choice, says Lou. When the longtime Hamilton residents received Carol's diagnosis, among their first questions was, could she receive treatment close to home?

It was late November 2014 when they first saw Carol's surgeon in New Brunswick. She recommended chemo. "The doctors and staff here worked hard to coordinate local treatment so we wouldn't have to travel," says Lou. "One week later, we were sitting here in Hamilton and Carol was getting her first chemo treatment. They moved fast. I was relieved that we could do it close to home."

## THE HEALING POWER OF NATURE

When Carol received her infusion therapy, she always chose to sit facing the Cancer Center's Healing Garden. Carol was an

Lou Salamon in the Cancer Center's garden, now bursting with color thanks to the donation he made in his wife's memory.



To make a donation in support of the hospital, visit [rwjbh.org/hamiltongivenow](http://rwjbh.org/hamiltongivenow) or call 609-249-7527.



Lou Salamon with the oncology nurses who supported his wife, Carol, through her treatment. Left to right: Karen Klimaszewski, RN; Christina Lane, RN; Loretta Padulchick, RN; Sherri Lichon, RN.

## STATE-OF-THE-ART CANCER CARE

Committed to providing the latest cancer treatments close to home, Robert Wood Johnson University Hospital Hamilton has completed an \$8.5 million expansion of its Cancer Center.

With the expansion comes the newest and most precise TrueBeam Linear Accelerator technology in N.J., offering advanced treatment in radiation therapy and radiosurgery. The Linear Accelerator will improve radiation treatment precision and increase patient comfort by significantly shortening treatment times.

Also new: PET-CT technology to investigate cancer cells, stage cancer tumors and plan radiation treatment—the only such PET-CT simulation technology available in Mercer County. In addition, the expansion provides additional treatment space for new services, patient comfort and privacy.

“Advancements in cancer care have had a tremendous impact on how we can treat this disease in a community setting,” says Richard Freeman, President and Chief Executive Officer, RWJUH Hamilton. “PET-CT simulation and radiosurgery are among the latest tools in fighting cancer—and they are available right here.”

“The science behind radiation oncology is complex and rapidly changing,” says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services at RWJBarnabas Health and Director of Rutgers Cancer Institute of New Jersey. “Through the multimillion-dollar enhancements, we are now able to provide the latest radiation therapy modalities along with the most advanced treatment options close to home.”

RWJBarnabas Health and RWJUH Hamilton, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-designated Comprehensive Cancer Center—bring a world-class team of researchers and specialists to fight alongside you, providing close-to-home access to the latest treatments and clinical trials.

**Learn more about the Cancer Center at [rwjbh.org/hamiltoncancer](http://rwjbh.org/hamiltoncancer).**

avid gardener. The Salamon backyard was her masterpiece, replete with 16 vibrant hanging baskets, potted plants and perennials. Carol's garden thrived, even through her sickness.

The Cancer Center garden now bursts with color and life in Carol's memory, thanks to Lou's generosity. The hanging baskets that adorn the front are nearly identical to the ones that brighten the Salamon backyard. The lilac planted by the entrance soothes the nerves of weary patients and their loved ones. And the plaque in the center of the garden bears the name of the woman who labored to fill life with beauty, one blossom at a time.

Lou says it's a fitting tribute to his beloved wife, and to the generous caregivers who tirelessly worked to make her well.

“As long as you've got the expertise, the doctors, the nurses, the training, the staff and the commitment to serving the local community, you don't have to travel,” he says. “You don't need to go to Philadelphia or up to New York City. It meant the world to us to have compassionate, expert care close to home.”



# FROM WHEELCHAIR TO RUNWAY

**BARIATRIC SURGERY HELPS A PLUS-SIZE MODEL REGAIN HER LIFE.**

**M**eet Tanza Baker, age 37. She is a mother, a minister, a musician, a model, an actress and a talk-radio host. Not long ago, such an active life seemed like an unattainable dream.

In June 2007, Tanza was in the late stages of pregnancy. She started feeling weak and tired, and after about an hour of intensely deteriorating health, the Trenton native found herself in a hospital bed. She had gone into labor and suffered a stroke that left the right side of her body paralyzed. After stabilizing her, doctors performed a cesarean delivery of her now 11-year-old son, Timothy (TJay). When she left the hospital, it was in a wheelchair.

Over the next several months, Tanza needed physical, occupational and speech therapy to regain the function she lost due to the stroke. “I had to relearn everything, including walking and talking,” she says.

During her rehabilitation, Tanza’s weight skyrocketed. Her doctors added steroids and painkillers to address residual, stroke-related “needle-stabbing numbness” on her right side. At one point, Tanza remembers taking as many as 16 medications—many of which

contributed to her weight gain.

Tanza, who was living in Valdosta, Georgia, when she had the stroke, moved back home to Trenton eight years later. She had gained nearly 200 pounds in that time. Her weight reached 364 pounds, and her body mass index was 56.7 kg/m<sup>2</sup>, indicating morbid obesity. Standing up made her short of breath, and the excess weight strained her knees so badly that she needed cortisone shots every two months to help manage the pain.

## FAILED ATTEMPTS

“My weight wore and tore on me,” Tanza says. “It was so depressing. The more I tried to lose, the more weight I’d gain.” Many attempts at weight loss—including workout regimens, all-salad diets and vitamin B12 injections—proved fruitless. “I couldn’t find clothes that fit,” she added. “I went from a 2X to almost a 6X.”

Finally, Tanza heard about a friend who lost weight under the treatment of surgeon Earl Noyan, MD, director of the weight loss and metabolic surgery program at Robert Wood Johnson University Hospital Hamilton. Dr. Noyan saw Tanza in December 2015 and informed her that she was a candidate for bariatric surgery.

After studying her surgical choices, Tanza opted for gastric sleeve surgery, in which the stomach’s capacity is reduced by about 60 percent. In the weeks before surgery, Dr. Noyan required Tanza to change

her diet. She was to consume fewer calories overall and fewer carbohydrates, sweets and processed foods. She also needed to drink more low-calorie beverages, such as water, and slow her eating.

“Changing diet before surgery gets patients to buy into the weight-loss program early on,” Dr. Noyan says. “This ensures that they will be ready to follow the program after surgery, which is critical to long-term success.” Patients also receive comprehensive, multidisciplinary pre-surgical medical care to ensure their overall health, he noted.

Tanza had the gastric sleeve procedure at RWJUH Hamilton in February 2016. She started on a liquid diet in the days following surgery, then graduated to soft foods, partially-solid foods, and finally, all solid foods within her eating plan. Just two weeks after discharge, Tanza says, she had lost 20 pounds.


## GOAL: LIFE CHANGE

“People were telling me they could never give up their food if they were in my shoes,” Tanza says. “I’m definitely a food lover; but on the same note, I wanted a life change.”

Two months after surgery, Tanza joined the RWJ Fitness & Wellness Center in Hamilton, where she started walking on the treadmill. Three months after surgery, she dropped 60 pounds; by month six, she was down 100 pounds. Tanza started shopping for clothes and was down from almost size 6X to size 3X. Piece by piece, Tanza



**EARL NOYAN, MD**



was gaining back her life. “I thought to myself, ‘You’re really doing this,’” she marvels.

With newfound confidence and a new look, Tanza, who had been modeling in Georgia before her pregnancy, resumed her modeling career. She has since modeled for several agencies, promoting brands such as Lord & Taylor and plus-size clothier Ashley Stewart. One of her Ashley Stewart shots last December was the “centerfold” in *Bloomberg Businessweek* magazine.

### HAVING IT ALL

Tanza didn’t stop reaching for her goals. She followed her dream of working in talk radio. As LadyTazz, she now hosts the twice-weekly program “Power Source Praise” on WBJL, a Newark gospel station. She also performs in Christian dramas throughout Newark and leads musical ministry at churches throughout south-central New Jersey. When giving motivational speeches, she shares her motto to inspire others: “From wheelchair to walker, to high heels and high stepping!”

“Part of Tanza’s success was her desire to lose weight,” Dr. Noyan says. “She had a determination about her. I think her weight-loss success really drove her.”

Today, Tanza is 215 pounds lighter and makes the most of her second chance. “I know what it feels like to be depressed,” she says. “Now I know what it feels like to live your dream.”

To learn more about bariatric surgery at RWJUH Hamilton, visit [rwjbh.org/hamiltonbariatric](http://rwjbh.org/hamiltonbariatric).

# DIABETES BY THE NUMBERS

Diabetes is a chronic disease that occurs when the body doesn't produce enough insulin or cannot efficiently use the insulin it produces, resulting in high blood sugar. Over time, this can lead to serious complications including heart disease, stroke, kidney disease, blindness and amputations. There are three types of diabetes and a condition known as prediabetes.

## TYPES OF DIABETES

### TYPE 1 DIABETES:

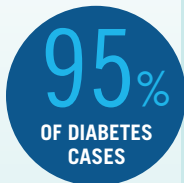
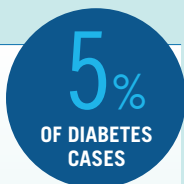
Usually diagnosed in children and young adults. The body is unable to produce insulin. People rely on insulin injections or pumps to keep healthy blood glucose levels.

### TYPE 2 DIABETES:

Usually diagnosed in adults. Either cells have become resistant to insulin or the body can't produce enough of it.

### GESTATIONAL DIABETES:

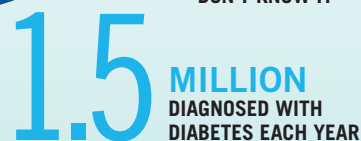
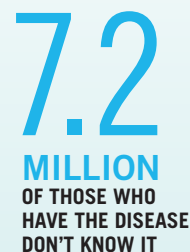
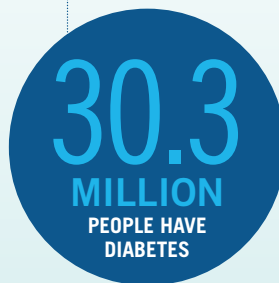
Diagnosed in pregnant women who have not had diabetes previously, but who have high blood sugar levels during pregnancy.



## A COMMON PROBLEM FOR AMERICANS



THAT'S ABOUT 1 OUT OF EVERY 10 PEOPLE



## PREDIABETES

With prediabetes, blood sugar level is higher than normal, but not high enough to be diagnosed as type 2 diabetes. Prediabetes increases the risk of type 2 diabetes.



## RISK FACTORS



EXCESS  
WEIGHT OR  
OBESITY



AGE 45  
OR OLDER



FAMILY  
HISTORY



PHYSICAL  
INACTIVITY

## HELP IS AT HAND

We can help you take control of your health to prevent, delay or manage type 2 diabetes. Below are some of the classes and events offered at RWJUH Hamilton. For details, please see our Community Calendar beginning on page 20.

### GLUCOSE SCREENING

A simple blood test used to screen your fasting blood glucose. Fast for 12 hours prior.

### ASK THE DIABETES TEAM

A certified diabetes educator, registered dietitian and health coach answer your questions about the lifestyle changes required to achieve better control of prediabetes or diabetes.

### TAKE CONTROL OF YOUR HEALTH: DIABETES SELF-MANAGEMENT

A six-week program that teaches patients how to manage this chronic condition. Topics include menu planning, preventing complications and more.

To learn more about diabetes prevention and management, or to register for a diabetes program, call 609-584-5900.



# A NEW STATE OF HEALTH

## FOR NEW JERSEY, THE NATION, THE WORLD

### WHAT THE UNPRECEDENTED PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS UNIVERSITY MEANS FOR YOU.

The state's largest integrated health system, RWJBarnabas Health, and Rutgers University, one of the nation's leading public research universities, have formed a groundbreaking partnership that will increase access to care and reduce healthcare disparities, while advancing health science discovery and innovation. RWJBarnabas Health will make a significant investment in recruiting and retaining the nation's finest doctors, researchers and medical students. That means more expert physicians to care for patients and more clinical trials to find better treatment options. Moreover, everyone on this dynamic new team has a mission to deliver excellence in every area of the patient experience. Altogether, the partnership means a transformation of the way healthcare is delivered in New Jersey.

That's the big picture. What's the personal picture for you and your family? You'll be able to get compassionate, world-class care without having to travel far from home. In the following pages, we'll share more good news about what this partnership means for you.



### PARTNERSHIP BY THE NUMBERS



To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



Committed by RWJBarnabas Health to encourage Rutgers medical students to remain in New Jersey and provide care to its residents



Physicians and providers (2,500) and staff (3,000) under the direction of the new Combined Medical Group



Patient visits conducted by RWJBarnabas Health and Rutgers, combined, in 2017



# KNOWLEDGE IS POWER

## HOW IN-STATE CLINICAL RESEARCH CONNECTS TO BETTER CARE FOR NEW JERSEY PATIENTS.

If you've read or watched anything about medical care in recent years, it's clear that the field of medicine is always advancing. How do medical treatments improve? Through clinical research or clinical trials. Doctors, nurses and scientists gather information through personal interaction with patients, or through collection of blood, tissue or data, to find new and better ways to detect, diagnose, treat and prevent disease.

When this research takes place in New Jersey, residents have the ability to participate in those clinical trials, and to be among the first patients to benefit from new treatments. Those opportunities will increase dramatically as a result of the RWJBarnabas Health/Rutgers partnership, which will double the Rutgers research portfolio—already the largest in New Jersey—and make it possible to hire about 100 new high-caliber principal investigators (lead researchers).

To learn more about this historic partnership, visit [www.RutgersRWJBHtogether.org](http://www.RutgersRWJBHtogether.org).

### EXPANDING CANCER CARE

The Rutgers Cancer Institute of New Jersey offers a prime example of how the partnership between Rutgers and RWJBarnabas Health will enhance both clinical research and patient care. Under the new partnership, Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-designated Comprehensive Cancer Center—is now able to more easily provide patients with greater access to outstanding cancer services and clinical trials close to home.

"For many cancers, standard therapy may not be sufficient to have the greatest success for an individual patient," says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services for RWJBarnabas Health and Director of the Rutgers Cancer Institute of New Jersey. "We're constantly



STEVEN K. LIBUTTI, MD, FACS

looking for the next generation of therapies that will be more effective, and the only way we make those discoveries is through the conduct of clinical research." Immunotherapy, in which a person's immune system can be used to fight cancer, is just one of many cutting-edge areas of study at Rutgers Cancer Institute.

### ACCESS EVERYWHERE

Thanks to the new partnership, more cancer patients will have access to the most advanced care. Rutgers Cancer Institute will leverage telemedicine and video conferencing to bring experts at different sites together with patients. "We're also expanding the number of patient navigators we have in our program," says Dr. Libutti. "These navigators are essentially partnered with a patient from the moment of diagnosis throughout his or her care. They can make certain the patient goes to the closest facility that has the capability to address that patient's particular cancer problem with exceptional treatment."

For New Jerseyans who have cancer, home is where the care is. "The significance of this partnership is really our ability to bring cutting-edge therapies, state-of-the-art technologies and world-class physicians directly to patients in their own community," Dr. Libutti says. "We strongly believe in the notion that cancer does not travel well. No patient in New Jersey has to travel out of state to get the most advanced and exceptional cancer care."

To learn more about RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, visit [rwjbh.org/cancer](http://rwjbh.org/cancer).



For a referral to a Combined Medical Group physician, visit [rwjbh.org/medicalgroup](http://rwjbh.org/medicalgroup) or [rutgershealth.org](http://rutgershealth.org).



# CARING WITH PURPOSE

## A NEW VISION FOR HEALTHCARE UNITES PROVIDERS AND PATIENTS.

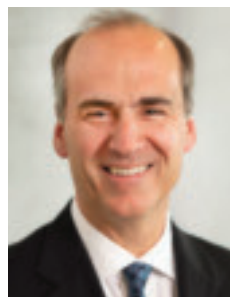
When many hearts and minds work with one purpose, healthcare can be transformed.

That's the guiding idea behind the Combined Medical Group, a joint physician practice that will be a key part of the partnership between RWJBarnabas Health and Rutgers.

"Having a shared purpose, a vision and a set of core values excites our employees and physicians and other healthcare professionals," says Andy Anderson, MD, MBA, Chief Executive Officer of the Combined Medical Group. "They want to be part of something

that's going to help define the future of healthcare."

RWJBarnabas Health and Rutgers are engaged in a partnership, not a merger, so each remains a separate institution. The



ANDY ANDERSON, MD, MBA

practitioners at RWJBarnabas Health and the faculty practice of Rutgers-employed healthcare professionals (including physicians, dentists, psychologists,

nurses, pharmacists and others) will collaborate and innovate as a team. The Combined Medical Group will include approximately 5,500 physicians, providers and staff.

### VISION INTO REALITY

In order to integrate their efforts seamlessly, the group needs a common purpose. "We're focused on three areas," explains Dr. Anderson, who comes to the partnership from a similar role at Aurora Health Care in Wisconsin. "Those areas are: making sure we put patients first, valuing each member of the healthcare team and improving the health of the communities we serve."

That three-part purpose has to touch every aspect of the patient's experience, Dr. Anderson believes. "Healthcare is not only about hospitals. It's also about office practices, home-care services, access to medications and more," he says. "We want to better connect all those pieces and parts to make it easier for patients."

The effort will include a review of the electronic medical records system. "In the future state of the health system, a patient will be able to look at their medication list or next appointment, get reminders or get lifestyle recommendations, all through a single portal," Dr. Anderson says.

### A FOCUS ON WELLNESS

The vision also includes focusing more attention on helping patients stay well. For example, having staff and providers talk more with patients about lifestyle habits can give them better control over chronic diseases like diabetes.

Though the goals of the Combined Medical Group are ambitious, they are also, in a way, simple. "We want to be the health system where patients want to get care," Dr. Anderson says, "and where people want to work."



# GREAT MINDS, BIG HEARTS

**THE RWJBARNABAS HEALTH/RUTGERS PARTNERSHIP OPENS THE DOOR TO NEW CENTERS OF EXCELLENCE—INCLUDING A GROUNDBREAKING NEUROSCIENCES ENTERPRISE.**

Many critical conditions fall under the scope of a neurosurgical team: stroke, concussion, trauma to or infection in the brain or spine, and more. While Rutgers and RWJBarnabas Health already place among the top tier of neurosurgical care providers, their partnership is allowing the creation of a neurosciences institute of global renown.



**ANIL NANDA, MD, MPH**

“This is a unique opportunity to build a truly world-class center,” says Anil Nanda, MD, MPH, the newly appointed Senior Vice

President of Neurosurgical Services for RWJBarnabas Health. Dr. Nanda also will serve as Professor and Joint Chair of the Department of Neurosurgery at both Rutgers-Robert Wood Johnson Medical School and Rutgers-New Jersey Medical School. He comes to his role from Louisiana State University Health Sciences Center—Shreveport, where he built an internationally known department of neurosurgery.

## FOCUSED ON QUALITY

“Our challenge here in New Jersey is to build on different cultures in the medical schools and in different hospitals and create a unified system,” Dr. Nanda says. Among his top priorities are to look at safety; to identify whether all sites have the cutting-edge technology they need;

and to do a sophisticated data analysis of outcomes. “We’ve hired a biostatistician and an epidemiologist to help us create a neurological dashboard to look at safety and quality issues across the system,” he explains.

While good data and technical expertise are critical, they’re only part of successful neurosurgical care, Dr. Nanda says. “We want to do this in a compassionate setting, to treat patients like we would want our families treated,” he says.

Public health outreach on topics like concussions and stroke will be a priority, as will looking at ways to eliminate disparities in healthcare. “We want to make sure patients get very good care, even if they live in communities that are economically challenged. That’s very important to me personally,” Dr. Nanda says. “And I feel strongly that in the neurosurgical services line, a rising tide brings healthcare up for all people in New Jersey. That’s why this is a magnificent partnership, with a strength in numbers that will allow us to provide excellent care to all.”

To learn more about neurological services, treatment and care at RWJBarnabas Health, visit [rwjbh.org/neuro](http://rwjbh.org/neuro).



## A SPORTS SLAM DUNK

RWJBarnabas Health and Rutgers University have partnered to develop an outstanding sports medicine program for Rutgers athletes, students and faculty, as well as for communities throughout New Jersey. The combined effort includes a new state-of-the-art athletic facility, the RWJBarnabas Health Athletic Performance Center, scheduled to be completed in July 2019.





“Omar was very motivated and upbeat in physical therapy,” Dr. Fantasia says.

# BACK ON TRACK

**A YOUNG ATHLETE TAKES A DEVASTATING FALL AND GETS BACK UP—WITH THE HELP OF CHILDREN’S SPECIALIZED HOSPITAL.**

Last April, Omar Shehabeldin, 14, was running for a school bus when he felt a “pop” in his knees and fell—hard. Instead of going to a track meet as he’d planned, he was taken to the Emergency Department at Robert Wood Johnson University Hospital New Brunswick. Both knees appeared to be broken.



MICHELE FANTASIA, MD

In fact, the tendon that

connects the patella (kneecap) to the tibia (shin bone) had basically torn off in both legs. The tendons had to be surgically reattached with a type of hardware that looks like nails.

What had happened to cause such drastic injuries to the athletic Omar, who as a high school freshman was already a standout on the football team?

In fact, his family had long known he had Osgood-Schlatter disease, a not uncommon cause of knee pain in children. Bones, muscles and tendons change rapidly during growth spurts, and physical activity puts extra stress on them. “It started when Omar was younger,” says his mother Aliaa Gouda. “When he got on the floor to pray with his father, he would complain that his knee hurt. The doctor told us that he would outgrow it, as most children do.” Unfortunately, Omar was an exception.

## WORKING IT

After surgery, Omar was sent to Children’s Specialized Hospital in New Brunswick for rehabilitation. “We stayed in close touch with the pediatric orthopedic surgeon, Dr. Stephen Adolfsen, who wanted to be sure the knee bones and patella had really fused before Omar began to bear weight on his legs,” says Michele Fantasia, MD, a specialist

in pediatric rehabilitation medicine at Children’s Specialized Hospital. “We worked with Omar on upper body and upper extremity training and core strengthening, all while he was in a special wheelchair that elevated his legs.” In June, Omar was cleared to walk with braces. In therapy, he began to bend his knees, bit by bit.

Omar was fortunate to have the considerable resources of Children’s Specialized, which include recreational therapy activities, water therapy and a therapy dog named Burton. “Our staff has experience in all developmental stages, and we are equipped with multiple therapeutic modalities,” Dr. Fantasia says.

Omar was discharged on June 21 and continues to go to the hospital for outpatient rehab. “Everybody at that hospital works with so much heart. It is a great place,” his mother Aliaa says. “In fact, we’re going to go back and volunteer to help people there.”

To learn more about Children’s Specialized Hospital, call 888-244-5373.

# NEW WAYS TO FIGHT SUBSTANCE USE DISORDERS

AN INNOVATIVE PEER RECOVERY PROGRAM HELPS PEOPLE OPEN A WINDOW TO RECOVERY.

For information about placement into treatment for yourself or a loved one, call the State of New Jersey's IME (Interim Managing Entity) at 844-276-2777.

A hospital patient who has a substance use disorder may feel many things: fear, anger, loneliness, shame. What he or she may not feel is ready to accept help.

"That's where the magic of our Peer Recovery Program comes in," says Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery (IFPR). Peer Recovery Specialists—highly trained individuals who are in long-term recovery from their own substance use disorder—are available 24/7 at participating RWJBarnabas Health Hospitals through the Peer Recovery Program (PRP).

"Recovery Specialists are the best people to assess where this patient is at and how to engage him or her, because they've been in that bed," Greene explains. "That's a great relief for a person who may be isolated and may have exhausted relationships and resources."

For more information about the Institute for Prevention and Recovery, visit [rwjbh.org/preventionandrecovery](http://rwjbh.org/preventionandrecovery).

The goal of a Peer Recovery Specialist—one that often takes some time to achieve—is to get the person to agree to go to the next appropriate level of care, and to help him or her navigate the steps needed to maintain recovery.

## NEW TACTICS FOR AN EPIDEMIC

In 2016 and 2017 alone, approximately 2,200 New Jerseyans died of overdoses. As part of the effort to reverse the tide, the IFPR staff has, with the help of state funding, gone from about 30 employees to about 160 over the past two and a half years.

The Peer Recovery Program is one of the innovative tactics the IFPR is using in its fight. In the past, patients who were brought to an emergency room with an overdose were given NARCAN to reverse the overdose, then sent on their way. Since 2016, participating RWJBarnabas Health hospitals have integrated Peer Recovery Specialists into ER teams, where they follow up with the patient and provide continuing support.



CONNIE GREENE, VP, IFPR

Now the Peer Recovery Program is functioning on medical floors as well. "Federal statistics tell us that between 9 and 10 percent of the population has a substance use disorder," Greene says. "So if you follow the data, up to 10 percent of the patients in our hospitals are affected."

Formerly, when a patient who was in the hospital for a different reason presented signs of a substance use disorder, physicians were often at a loss about how to proceed. Now Peer Recovery Specialists can be called in to come to the bedside, offer an intervention and guide the patient to the care that's needed.

"It's a very, very difficult job, but there is also the joy of holding someone's hand as they move into recovery," Greene says. Of the 5,500 people the Peer Recovery Program has interacted with, 85 percent have accepted recovery support services.

The blessings ripple out to family members as well. "Every morning when I see the whites of my son's eyes and hear him say 'Hi, Mom,' I want to cry, and then call you to thank you," one mother wrote to the Recovery Specialist who worked with her son. "May peace be with you on our journey as well—one day at a time."





# KEEP YOUR KIDNEYS HEALTHY

## TAME HYPERTENSION BEFORE KIDNEY DAMAGE OCCURS.

**T**he heart beats steadily, creating pressure that moves blood through the body to nourish tissues and organs.

But when that pressure is too high—a result of obesity, genetics or other factors—the walls of blood vessels are damaged. They get weaker, narrower or harder.

Over time, the force of high blood pressure, or hypertension, can impair the arteries' ability to deliver sufficient blood to the

kidneys. In turn, kidneys can't fully perform their critical function of removing waste products and excess fluid from the body.

"There is a clear relationship between hypertension and renal failure that many



M. ISABEL ROBERTI, MD, PHD



RICHARD MANN, MD, MS

## THE NATION'S #1 LIVING DONOR KIDNEY TRANSPLANT PROGRAM

Humans need only one kidney, so a person with two healthy kidneys can donate one of them to a desperately ill patient. Many people do just that, thanks to the world-class Living Donor Kidney Transplant program at Saint Barnabas Medical Center, which is ranked number one in the country. To learn more about kidney transplants or the Living Donor Institute at SBMC, visit [www.rwjbh.org/sbmcckidneytransplant](http://www.rwjbh.org/sbmcckidneytransplant).



At right: The care team from the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center.

To learn more about kidney transplant services at RWJBarnabas Health, visit [www.rwjbh.org/kidneytransplant](http://www.rwjbh.org/kidneytransplant).

people may not be aware of," says Richard Mann, MD, MS, Medical Director of the Renal and Pancreas Transplant Program at RWJUH New Brunswick and Rutgers Robert Wood Johnson Medical School. "In many cases, hypertension plays a role in the progression of injury to the kidney and, in some cases, hypertension is the primary cause of renal injury."

### A COMMON PROBLEM

More than half of the U.S. population over age 20 has high blood pressure, and an estimated 3.5 percent of children and teens have it as well. "For a long time, pediatric hypertension was an under-recognized problem," says M. Isabel Roberti, MD, PhD, Director of the Children's Kidney Center at Saint Barnabas Medical Center. "Now the recommendation is for blood pressure screenings to begin as early as age 3."

A "silent" disease, hypertension can go undetected without regular screening. "The earlier we catch hypertension, the better," says Dr. Roberti. "Damage due to high blood pressure in children and teens is reversible, and action now can prevent their having kidney problems as adults." The good news is that, in both children and adults, hypertension is treatable with a multi-pronged approach including medication, diet changes and exercise.

# A New **State of Health** for **NEW JERSEY**, for the **NATION**, for the **WORLD**

## **RWJBarnabas Health and Rutgers University launch the state's largest academic health system**

With the partnership of RWJBarnabas Health and Rutgers University, it is the dawn of an incredible new era in health.

Jointly, RWJBarnabas Health and Rutgers University will operate a world-class academic health system dedicated to high-quality patient care, life changing research and clinical training of tomorrow's health care workforce. By partnering, these two higher education and health care industry leaders will improve access to care and reduce health disparities in New Jersey and across the nation.

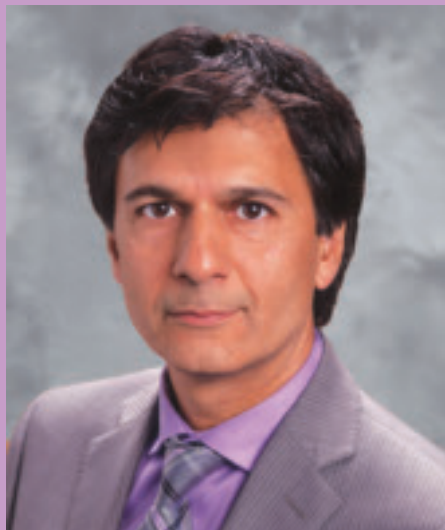
At the center of all of this are the patients who will benefit from increased access to a world-class academic health system, clinical innovation, groundbreaking research and newly developed centers of excellence, as well as more providers that families need to manage their health and wellness.





# MY ACHING BACK!

**NEUROLOGICAL AND SPINAL SURGEON NAZER QURESHI, MD, HAS ANSWERS TO COMMON QUESTIONS FROM BACK-PAIN SUFFERERS.**



**NAZER QURESHI, MD**  
NEUROLOGICAL AND SPINAL SURGEON  
ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL HAMILTON

**When is it time to contact a neurosurgeon?**

**A.** Most of the time back pain can be treated with physical therapy, spinal injections and/or medication management. If these treatments don't work and your pain is disabling and persistent, spinal surgery might be an option.

**What's the difference between minimally invasive surgery and open surgery?**

**A.** Spine surgery is traditionally done as "open surgery." This means the area being operated on is opened with a large incision to allow the surgeon to view and access the anatomy. Minimally invasive spine surgery uses

real-time X-ray images and specialized instruments to access the spine through a small incision, resulting in less muscle damage, less pain and a quicker recovery.

**What type of surgery will I qualify for?**

**A.** Your age and health will determine what type of surgery is best for you. Consult a trained neurosurgeon to learn about the benefits and risks of each.

Understand your options for treating back pain. Contact Orthopedic Services at 609-586-7900 or visit [rwjbh.org/ortho](http://rwjbh.org/ortho).

## THE DOCTOR IS ALWAYS IN

**FOR PATIENTS IN THE HOSPITAL, SPECIALLY TRAINED DOCTORS PROVIDE ROUND-THE-CLOCK CARE.**

**W**hen you're admitted into the hospital, your care needs don't stop at 5 p.m. That's why Robert Wood Johnson University Hospital Hamilton has created a 24-hour hospitalist program. Our hospitalists are a team of eight physicians and four nurse practitioners who work exclusively within our walls, responding to patient needs in real time.

"The advantage is that hospitalists are here 24/7—and not just for emergencies,"

says Kathryn Cullen, DO, director of the hospitalist program. In addition to consulting with nurses and other physicians in emergency situations, hospitalists provide timely service to patients on routine matters. For example, test results and consultation recommendations can be dealt with in real time when there is a provider in house 24/7.

"We're always here, so if there's an issue in the middle of the night, we can take care of it," says Cullen.

The hospitalists at RWJUH Hamilton have developed relationships with area primary care physicians, keeping them constantly informed about the status of their patients. Cullen says this results in



**KATHRYN CULLEN, DO**  
DIRECTOR, HOSPITALIST PROGRAM  
ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL HAMILTON

high quality care and an excellent patient experience.

"Things flow much easier for the patient when there's somebody here 24/7," she says.

To learn more, visit [rwjbh.org/hamilton](http://rwjbh.org/hamilton).



# BACK TO ENJOYING LIFE

**AFTER SEVERE PELVIC PAIN STRUCK A SECOND TIME,  
ONE PATIENT STRUGGLED TO FIND RELIEF.**

Four years ago, Courtney Fleming Maree was experiencing severe pelvic, abdominal and lower-back pain, and her periods were unusually heavy and painful. She went to see her longtime OB/GYN, Robert P. Mayson, MD, of Robert Wood Johnson University Hospital Hamilton and RWJ Center for Women's Health in Hamilton and East Windsor. Dr. Mayson detected two sizable fibroids—non-cancerous growths in and around her uterus—which measured four centimeters and eight centimeters in diameter. Dr. Mayson surgically removed the fibroids; Courtney's pain disappeared and her periods went back to normal.

A few months later, Courtney's pelvic and lower-back pain returned. Over the course of a year and a half, the pain continued to grow more intense. On some days, the pain forced her to leave work early or call in sick.





OB/GYN Robert P. Mayson, MD, consults with Courtney Fleming Maree, a longtime patient he treated for fibroids using robotic surgery.



## I TRY TO FIND OUT WHERE PATIENTS ARE IN EVERYDAY LIFE, BEYOND JUST THEIR OB/GYN HEALTH.”

**ROBERT P. MAYSON, MD, OB/GYN**

### ‘I COULDN’T ENJOY LIFE’

“It was horrible,” Courtney recalls. “Except for the contractions I felt while giving birth, it was the worst pain I felt in my life.” She stayed home more often, in too much pain to go shopping or spend quality time with her husband, Barry, and their three daughters, Josalynn, 13, Criss, 12, and Paisley, 2. “I couldn’t enjoy life,” she says.

At one point, Courtney, now a Laurel Springs resident, visited her local emergency room, but a battery of tests provided her with no answers. “All they told me was, ‘We don’t know what’s causing the pain,’” she remembers.

Finally, Courtney returned to Dr. Mayson. She had been a patient of his since she was 19, when she lived in East Windsor. Courtney was confident he could help her again. A transvaginal ultrasound revealed what Dr. Mayson had suspected: another fibroid. He spotted a four-centimeter growth inside Courtney’s uterus that caused pain and heavy menstrual bleeding. It also prevented Courtney from becoming pregnant.

### FIBROIDS: CAUSE UNKNOWN

Fibroids are common among women ages 30 to 40, though they may occur anytime in a woman’s childbearing years. They affect women of all ethnic backgrounds, but are

most prevalent among African Americans. Although the cause of fibroids is unknown, obesity, family history of uterine fibroids, high blood pressure and no prior pregnancy are among the suspected risk factors. Fibroids develop inside the uterus, on its outer surface or within its wall. Depending on how they develop, fibroids may present no symptoms, or, as in Courtney’s case, can cause severe pain, heavy bleeding and irregular menstruation (see sidebar). Treatment is necessary if bleeding becomes heavy or frequent, pelvic pain becomes unbearable, an ovarian tumor is suspected, the fibroid grows rapidly or a woman cannot conceive.

### A RECURRING PROBLEM

Studies show that 60 to 70 percent of women who are treated for fibroids develop fibroids again within five years. Dr. Mayson notes, however, that repeat-occurrence fibroids are growths that existed during initial treatment but were too small to detect at the time. Dr. Mayson says it may make sense for women with a history of uterine fibroids to include an annual ultrasound exam as part of a regular OB/GYN checkup. That way, fibroids can be detected and treated before they become a problem.

Dr. Mayson and his colleagues at RWJ Center for Women’s Health perform

gynecologic procedures using state-of-the-art robotic systems. In robotic surgery, doctors take a highly-detailed image of the surgical area. Then, the physicians guide precise and responsive robotic arms to perform the surgery.

“Robotic surgery has changed the way surgery is done,” says Dr. Mayson. “The visualization and surgical control are excellent, and this makes cutting more precise.” For most patients, this means less pain after surgery and a faster recovery.

Dr. Mayson performed a repeat myomectomy (surgical removal of fibroids) for Courtney at RWJUH Hamilton using robotic technology. He was able to remove the fibroid while keeping the uterus intact.

“Because Dr. Mayson was able to do this, I was able to get pregnant again,” says Courtney, who became pregnant with Paisley shortly after the procedure. She says she’s profoundly grateful to Dr. Mayson and his staff, but it’s a level of care she has come to expect from RWJ Center for Women’s Health. “I try to focus on listening to my patients to understand their problems and help them reach their health goals,” Dr. Mayson says. “I try to find out where patients are in everyday life, beyond just their OB/GYN health.”

## FIBROID WARNING SIGNS

The following symptoms could signal uterine fibroids:

- Lower-back, abdominal or pelvic pain
- Abdominal cramps
- Heavy, longer or more frequent menstruation
- Vaginal bleeding before/after period
- Abdominal distention or cramping
- Pain during sex
- Difficulty urinating or frequent urination



# Community Education

## Women and Lung Cancer

**Mon., November 5: 6 to 8 p.m.**  
Seeta Trivedi, MD, and Vivian Owusu-Mensah, APN-BC

## Guided Aromatic Meditation

**Wed., 7 to 8 p.m.**  
• **November 7:** 7-Chakra Chant  
• **December 5:** Crystal Aromatic Meditation

## Trauma and the Mind: The Unquiet Past

**Thu., November 8: 6:30 to 8 p.m.**  
Dana Weinstock, MA, NCC, LPC. In collaboration with NAMI Mercer.

## Pathwork: First Friday Lecture Study

**Fri., 7 to 9 p.m.**  
• **November 2**  
• **December 7**  
• **January 4**  
Pathwork, a body of practical spiritual wisdom, presents a journey of self-discovery.

## Ask the Nurse Practitioner about Lung Health

**Mon., 10 to 11 a.m.**  
• **November 12**  
• **December 10**  
• **January 14**

Our nurse practitioner can help determine your risks for lung disease. Lung cancer screen available to current or former smokers only.

## Palliative Care for the Cancer Patient

**Tue., November 13: 6 to 8 p.m.**  
Barbara S. Snyder, PhD, APN, GNP-BC.

## HealthRhythms Drumming

**Wed., 7 to 8 p.m.**  
• **November 14**  
• **December 19**  
• **January 16**  
Strengthens the immune system and reduces stress. Drums provided or bring your own. Mauri Tyler, CTRS, CMP. Fee: \$15 per class.

## No Gain...Maintain!

**Thu., November 15: 10:30 to 11:30 a.m.**  
Learn simple strategies to eat healthfully through the holidays without packing on extra pounds. Food sampling offered. \$5 per person; register at least 48 hours in advance.

## GREAT AMERICAN SMOKEOUT

**Commit to Quit**  
**Thu., November 15: 11 a.m. to 1 p.m.**  
Learn how our lung health program can help you quit and/or detect lung cancer.

## What is a Tenotomy?

**Mon., November 19: 6 to 8 p.m.**  
Learn about an FDA-cleared 3–5 minute procedure that treats plantar fasciitis; bursitis of foot, ankle, hip, knee, elbow and shoulder; tendinitis; and joint pain. Dorota Gribbin, MD.

## Weight Loss: Medical and Surgical Options

• **Tue., November 20: 6 to 7 p.m.**  
• **Tue., December 18: 6 to 7 p.m.**  
Earl Noyan, MD, Val Prokurat, DO, and Elie Goldenberg, MD

## Orthopedics Open House

**Tue., November 27: 6 to 8 p.m.**  
John Nolan, Jr., MD  
**Thu. January 10: 6 to 8 p.m.**  
Michael R. Duch, MD  
*Joint Replacement*  
Discover the latest advances in knee and hip replacement surgery, including robotic-assisted surgery. Dinner included.

## Reiki Share

**Wed., November 28,**  
**Thu., December 20 and**  
**Wed., January 23: 7 to 9 p.m.**  
For Reiki practitioners only. Bring a pillow, a small sheet and blanket. Fee: \$5 per class.

## Pelvic Health Rehabilitation

**Wed., November 28: 10 a.m. to 12 p.m.**  
Latest treatments for pelvic

pain, urinary incontinence and other pelvic floor dysfunctions presented by Rachna Mehta, DPT, pelvic floor specialist.

## How to Get Through the Holidays with More Ease

**Thu., November 29: 6 to 7:15 pm**  
Life Success Coach Natasha Sherman.

## Breast Augmentation: Your Questions Answered

**Tue., December 4: 6 to 8 p.m.**  
Learn about breast augmentation from Gary A. Smotrich, MD, FACS, a board-certified plastic surgeon in Lawrenceville. Dr. Smotrich has 30 years of experience with this procedure and will discuss everything related to the numerous breast implants on the market and the surgical options available.

## Ask the Diabetes Team

**Thu., Dec. 6: 10 to 11:30 a.m.**  
Bring your questions about controlling diabetes or pre-

diabetes to our Diabetes Educator, Registered Dietitian and Health Coach.

## Breakfast With Santa

**Sat., December 8: 9 to 11 a.m.**  
Have your photo taken with Santa, enjoy a light breakfast and a morning of fitness and wellness activities for the whole family! For more information, call 609-584-7600.

## Know Your Numbers!

**Tue., December 11: 6 to 8 p.m.**  
Understand why it's important to know your cholesterol numbers. Risk factors, diet, exercise and medications also will be discussed. Dinner provided. Edward Laub, MD.

## Ask the Dietitian

**Tue., December 18: 1 to 3 p.m.**  
**Wed., January 16: 9 to 11 a.m.**  
Bring your nutrition questions and receive a free body fat analysis. Michelle Summerson, RD. Appointment necessary.



## FIRST SATURDAY WALKS

### Walking in Nature—A Prescription for Better Health

**Sat., 10 a.m. to Noon**

Discover the Abbott Marshlands with a knowledgeable guide and our wellness team.

- **November 3:** Bordentown Bluffs, D&R Canal State Park Towpath
- **December 1:** Northern Community Park, Bordentown Township.

**WEATHER:** We will walk in light drizzle. Cancellations will be listed before 9 a.m. online at [abbottmarshlands.org](http://abbottmarshlands.org). For directions to meeting points for each walk, visit: [abbottmarshlands.org/getting-there/](http://abbottmarshlands.org/getting-there/)



## NATIONAL DIABETES AWARENESS MONTH

- **Ask the Diabetes Educator**  
Fri., November 9: 10 a.m. to Noon Appointment required.
- **World Diabetes Day—Diabetes Overview**  
Wed., November 14: 10 to 11:30 a.m.  
Marguerite O'Donnell, BSN, RN, CDE
- **Am I at Risk for Diabetes?**  
Tue., November 20: 6 to 8 p.m. Maryana Tselniker, MD.

### McKenzie Method for Back & Neck Pain

Thu., December 20: 11 a.m. to 12:30 p.m.

Come learn about a non-surgical physical therapy treatment protocol, using the McKenzie method, to diagnose and treat neck and low back pain, including disc problems and sciatica.

### Achieve Your Dream in 2019

Mon., January 7: 5:30 to 6:30 p.m.

Join Barb Ulrich for a dose of motivation to lose weight and gain a new lease on life.

### Private Reiki Sessions

Wed., November 14: 5 to 7 p.m.

Tue., November 20: 2 to 5 p.m.

Wed., December 12: 5 to 8 p.m.

Tue., December 18: 2 to 5 p.m.

Wed., January 9: 5 to 8 p.m.

Tue., January 15: 2 to 5 p.m.

By appointment: ½ hour \$40; 1 hour \$80. Patti McDougall, RN, Body-Centered Psychotherapist, Reiki Master

### Human Trafficking Awareness Month

Tue., January 15: 6 to 8 p.m.

Did you know that 83% of human trafficking victims are American citizens with the average age between 12–14 years? Learn how to protect our children. Kim Murphy and Monica Kristen, LSW

### Got Fibroids?

#### You're Not Alone!

Tue., January 22: 6 to 8 p.m.

Learn about uterine fibroid embolization (UFE), a very effective minimally invasive procedure offering significant advantages and an alternative to surgery. Gurvan Blackman, MD, and David Feldstein, MD. Dinner provided.



### Vision Board Workshop

Tue., January 22: 6 to 7:30 p.m.

Manifest your desires for the year ahead by creating your own vision board. Patti McDougall, Integrative RN

### How To Stay Motivated With Your New Year's Resolutions

Thu., January 24: 6 to 7:15 p.m.

Learn how to succeed with your New Year's

Resolutions. Natasha Sherman, Life Success Coach

### Women and Self-Care: A Balancing Act!

Thu., January 31: 6 to 8 p.m.

Tips on balancing the many demands of life while maintaining optimal health from a full-time working mom and a tireless women's health advocate. Anjali Bhandarkar, MD. Light refreshments.

## Caregivers: Conversation & Resources

FRI., NOVEMBER 2: NOON TO 3 P.M.

Join us for lunch, conversation and resource information.

#### • Conversation of Your Life.

Panel discussion focusing on respect for end-of-life wishes through advance care planning.

#### • Managing Pain Without Drugs.

Learn about proven non-pharmacological alternative approaches.

#### • Community Resources.

Mercer County Aging & Disability Resource Connection

### State Insurance Assistance Program (SHIP)

Free help with Medicare questions and issues. Must call for an appointment: 800-792-8820.

### 50+ Bridge Club

Ongoing, Mon. & Fri: Noon to 3 p.m.

Join us if you have basic knowledge of the game.

### 50+ Charity Knitting Club

Ongoing Wed: 10 a.m. to Noon  
Call 609-298-7040.

### Grief & Loss Group for Older Adults

Thu., 1:30 to 2:30 p.m.

- November 1 & 15
- December 6 & 20
- January 3 & 17

### The AARP Driving Course

Mon., 9 a.m. to 3 p.m.

- November 5
- December 3
- January 7

Bring your NJ or PA driver's license. Fee: \$20; \$15 AARP members (cash or check only).

## Seniors

### Medicare Update 2019

Fri., November 9: 1:30 to 3:30 p.m.

Learn about changes to your Medicare benefits and Drug Plan from Mary McGeary, Director of the State Health Insurance Assistance Program (SHIP). Open Enrollment is through December 7.

### Letting Go of Clutter Support Group

Tue., 1:30 to 3 p.m.

- November 13
- December 11
- January 8

### Medicare Part D Enrollment Event

Thurs., November 15: 10 a.m. to 1 p.m.

SHIP counselors will help you sign up/change your Medicare Prescription Plan. Bring your Medicare card and a list of your prescription drugs.

Call 609-584-5900 to register for all programs, unless otherwise noted. All programs are FREE unless otherwise noted. All Senior events are held at the RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd.

### Discovering the Gold in the Golden Years

Tue., 1:30 to 2:30 p.m.

- November 20: A Good Night's Sleep
- December 18: Senior Scams
- January 15: Enjoying Life in 2019

### The Wise Woman: Positive Aging

Thu., 1:30 to 3 p.m.

- November 29: Surviving the Holidays
- January 24: Improving Communication Skills

### New Developments in Hearing Technology

Wed., January 30: 10 a.m. to 12 p.m.

Learn the most recent advances in hearing aid technology. Lorraine Sgarlata, Au.D. CCCA.





# Support Groups & Caregiving

Unless otherwise noted, support groups and caregiving classes are held at RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd. All programs are FREE unless otherwise noted.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT

Wed., 6 p.m.  
 • November 21  
 • December 19  
 • January 16  
 Moderated by Oaks Integrated Care  
 Call 609-396-6788, ext. 213

### BARIATRIC WEIGHT LOSS SUPPORT

Tue., November 13: 6 to 7 p.m.  
 Tue., January 8: 6 to 7 p.m.  
 Call 609-584-5900

### BEREAVEMENT

Call 609.631.6980

### BREAST CANCER SUPPORT

Tue., 2 p.m. to 3:30 p.m.  
 • November 6  
 • December 4  
 Call 609-584-2836  
 Location: Cancer Center

### DIABETES SUPPORT

Fri., 1:30 to 3 p.m.  
 • November 2  
 • December 7  
 • January 4  
 Call 609-584-5900

### GYN CANCER SUPPORT

Tue., 2 p.m. to 3:30 p.m.  
 • November 13  
 • December 11  
 • January 8  
 Call 609-584-2836  
 Location: Cancer Center

### PERIPHERAL NEUROPATHY SUPPORT

Call 609-587-7215 for information.

### STROKE SUPPORT

Wed., 6 p.m. to 7:30 p.m.  
 • November 7  
 • December 5  
 • January 2  
 Call 609-584-5900

### TOBACCO CESSATION

Thu., November 15 and December 20: 6 to 7 p.m.  
 Individual counseling by appointment only. Prescriptions for smoking cessation medication will be available. To register, call Vivian Owusu-Mensah at 609-584-2826.

### Thu., January 17: 6 to 7 p.m.

Group counseling. Prescriptions for smoking cessation medication available upon request. To register, call Vivian Owusu-Mensah 609-584-2826.

### NICOTINE ANONYMOUS

Every Fri., 7 p.m.  
 No registration required. 609-584-0122.  
 Location: Outpatient Auditorium

## CAREGIVING

An Oaks Integrated Care caregiver specialist facilitates a supportive group experience.

### ADULT CHILDREN CARING FOR PARENTS

Mon: 5:30 to 7 p.m.  
 • November 5: Controlling Caregiver Burnout  
 • November 12: The Importance of a Living Will  
 • December 3: Respite Options  
 • December 10: Caregiving for the Holidays  
 • January 7: Seven Stages of Dementia  
 • January 14: First Steps for Caregivers

### CARING FOR LOVED ONES WITH CHRONIC CONDITIONS

Mon: 10:30 to 11:30 a.m.  
 • November 5: Coping with Memory Loss  
 • November 19: Controlling Caregiver Burnout  
 • December 3: Caregiving for the Holidays  
 • December 17: Making Placement Decisions  
 • January 7: First Steps for Caregivers  
 • January 21: Seven Stages of Dementia



## CPR & First Aid Courses

To register online, or for more information about CPR programs, go to [RWJUH-EMS.org/Hamilton](http://RWJUH-EMS.org/Hamilton) or call 908.685.2970.

**LOCATION:** Outpatient Auditorium, Hospital. For cancellation policy, visit [rwjuh-ems.org/cancellation-policy](http://rwjuh-ems.org/cancellation-policy).

## FOR HEALTHCARE PROVIDERS

- ACLS for the Experienced Provider (ACLSEP)
- Advanced Cardiovascular Life Support (ACLS)
- Basic Life Support (BLS)
- Pediatric Advanced Life Support (PALS)
- Pediatric Emergency Assessment Recognition and Stabilization (PEARS)

## FOR THE COMMUNITY

- Family & Friends Basic CPR
- Heartsaver CPR/AED
- Heartsaver First Aid





## MEDICAL ADVISORY PANEL

MAP members are physicians who guide educational programming and health promotion for Robert Wood Johnson University Hospital Hamilton.

**F. Javier Villota, MD;**  
*Chair; Internal & Occupational Medicine*

**Maqsood Amjad, MD;**  
*Internal Medicine/Hematology/Medical Oncology*

**Anjali Bhandarkar, MD;**  
*Internal Medicine/Women's Health*

**Sean Bradley, DMD;** *Oral Surgery*

**Oleg Chebotarev, MD;** *Cardiology*

**Paul Codjoe, MD;** *Orthopedics*

**George DiFerdinando, Jr., MD, MPH;**  
*Public Health*

**Michael Duch, MD;** *Orthopedics*

**David Eingorn, MD;** *Orthopedics*

**Firas Eladoumikhachi, MD;**  
*Oncology/ Breast Surgery*

**Jarad Fingerman, DO;** *Urology*

**Dorota Gribbin, MD;**  
*Physical Medicine & Rehabilitation/  
Pain Management*

**Adam Holzberg, DO;** *Urogynecology*

**Joshua Hornstein, MD;** *Orthopedics*

**Navatha Kurugundla, MD;**  
*Pulmonology/Sleep Medicine*

**Kevin Law, MD;** *Pulmonary Diseases,  
Critical Care & Sleep Medicine*

**Marc Levine, MD;**  
*Orthopedic Spine Surgery*

**Matthew Lynch, MD;** *Plastic  
& Reconstructive Surgery*

**Biagio Manna, DO;**  
*Thoracic Vascular Surgery*

**Shivaprasad Marulendra, MD;**  
*Gastroenterology*

**John Nolan, MD;** *Orthopedics*

**Earl Noyan, MD;** *Bariatric Surgery*

**Val Prokurat, DO;** *Bariatric Surgery*

**Rao S. Pasupuleti, MD;** *Neurology*

**Nazer Qureshi, MD;** *Neurosurgery*

**Adam Redlich, MD;** *Sports Medicine*

**Donna Reger, MD;** *Internal Medicine*

**Anthony Ricketti, MD;**  
*Allergy & Pulmonology*

**Seth Rosenbaum, MD;**  
*Infectious Disease*

**David Rosvold, MD, FACC;** *Cardiology*

**Arjun Saxena, MD;** *Orthopedics*

**Reza Shah, DO;** *Vascular Surgery*

**Robert Silverbrook, DO;**  
*Internal Medicine*

**Kim Zambito Accardi, MD;**  
*Hand Surgery*



## Youth Health & Safety

Classes and screenings are held at the RWJ Fitness & Wellness Center, 3100 Quakerbridge Rd., unless otherwise noted. All programs are FREE unless otherwise noted. Registration is strongly encouraged so that all guests may be seated and also notified if a program is canceled. Call 609.584.5900.

### HPV Vaccine = Cancer Prevention

**Thu., November 8: 6 to 8 p.m.**

Human Papillomavirus Virus (HPV) is the main cause of cervical cancer. Vaccination saves lives by reducing infection rates and incidence of cervical and other HPV-related cancers. Lecture: Christian Hoffman, MD.

### Just for Girls

**Thu., November 15: 6 to 8 p.m.**

**Thu., January 24: 6 to 8 p.m.**

A discussion of puberty, body image and self-care in a relaxed atmosphere. Fee: \$12 per child; caregiver free. (Book included: *American Girl: The Care & Keeping of You*).

### Kids in the Kitchen

Hands-on cooking classes for children ages 6 and older with a parent/caregiver, directed by a dietitian. \$5 per child plus \$5 per parent/caregiver. Register early; limited class size.

### Girls to Women: Myth vs. Reality

**Sat., December 1: 8 a.m. to 4 p.m.**

Health professionals, community advocates and religious/spiritual leaders will guide young women ages 13–17 and their adult female support persons through a discussion on healthy relationships. Topics: self-protection, body image, consent, date rape, intimate partner violence, LGBTQ issues, sexting, stealthing and college life. Note: Sensitive topics that may not be appropriate for all young women will be discussed. Continental breakfast, lunch and materials are provided. Sponsored by a grant from Janssen Pharmaceuticals.

### • Healthy Harvest, Healthy Kids

**Fri., November 9: 6:30 to 8 p.m.**

### • The Gift of Good Health

**Fri., December 7: 6:30 to 8 p.m.**

### • National Pizza Week

**Thu., January 10: 6:30 to 8 p.m.**

### KidsFit Program

This 9-week all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. Focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem. For weight-challenged youth ages 8–16 and a parent/caregiver. Call 609-890-4441.





# Health Screenings

Screenings are FREE unless otherwise noted. Appointments required. Call 609.584.5900 to schedule unless otherwise noted.

## HAMILTON

RWJ FITNESS & WELLNESS CENTER  
3100 Quakerbridge Rd.

**Blood Pressure Screening**  
Tue., January 8: 10 a.m. to 12 p.m.

**Cholesterol Lipid Profile/  
Glucose/Blood Pressure &  
Stroke Risk Assessment**

Tue., 8:30 to 10:30 a.m.

- November 20
- December 11
- January 15

Simple finger-stick. Fast 12 hours prior. Fee \$5.

**Memory Screening**  
Tue., November 6: 1:30 to 3:30 p.m.

Mini Mental State Exam is a quick assessment to discern normal aging versus potential cognitive concerns.

**Orthopedic Screening:  
Hand/Wrist**  
Thu., January 10: 4 p.m. to 6 p.m.

Assessment of bone/joint pain, strength and range of motion. Dr. Lucke, orthopedic physician.

**Osteoporosis Screening**  
Tue., December 18: 1:30 to 3:30 p.m.

**Take-Home Colorectal Kit**  
Tue., January 22: 9:30 to 10 a.m.

Learn how to use this simple take-home test used to detect early colon cancer.

RWJ BALANCE & HEARING CENTER  
2 Hamilton Health Pl.

**Fall Prevention/Balance Screening**

- Thu., November 15: 1 to 2:30 p.m.
  - Thu., December 2: 1 to 2:30 p.m.
  - Wed., January 9: 1:30 to 3 p.m.
  - Fri., January 25: 1:30 to 3 p.m.
- Call 609-245-7390 to register.

**Hearing Screening**  
Mon., 9:30 to 11:30 a.m.

- November 12
- December 10
- January 14

Call 609-245-7390 to register.

RWJH HAMILTON CANCER CENTER  
2575 Klockner Rd.

**Prostate Cancer Screening**  
Mon., November 19: 5:00 p.m.

Includes an exam by Deep Trivedi, MD, and PSA blood test. Thank you to the John Paul Geijer Memorial Foundation for its contribution.

COLUMBUS  
RWJ OUTPATIENT CENTER  
1 SHEFFIELD DR. AT  
COLUMBUS RD.

**Orthopedic Screening:  
Spine**  
Thu., November 8: 4 p.m. to 6 p.m.

Assessment of bone/joint pain, strength and range of motion. Nazah Qureshi, MD.



## LAWRENCE TOWNSHIP

TRENTON FARMERS MARKET  
960 Spruce St.

**Blood Pressure Screenings**  
Fri., 11 a.m. to 1 p.m.

- November 9
- December 7

