

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

FALL 2019

healthy *together*

**WEIGHT-LOSS
SUCCESS**

**THE LATEST
IN BREAST CANCER
SCREENING**

**WHY YOU NEED A
PRIMARY CARE
PHYSICIAN**

**A GAME CHANGER
FOR RUTGERS SPORTS**

**SEE THE
DOCTOR
ONLINE!**

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CREATING WINDOWS OF OPPORTUNITY

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

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

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

Right here in Mercer County, we're helping our neighbors learn how to live healthier lives. In an effort to prevent chronic illnesses that accompany obesity, an identified health priority in our area, Robert Wood Johnson University Hospital (RWJUH) Hamilton proudly sponsored the Farm to Family Program in Trenton. This program teaches participants how to live a healthy lifestyle. Every Thursday afternoon from July through October, our staff joins the team at The Makers Place and Westminster Presbyterian Church to distribute fresh crop shares harvested at Snipes Farm in Morrisville, PA, to 15 Trenton families. While they pick up their shares, families meet with RWJUH Hamilton nutrition and community educators who provide healthy eating tips and recipes so they can continue their improved lifestyle after their participation in the program concludes.

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

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



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



HEALTH NEWS



SUPPORTING THE COMMUNITY

Robert Wood Johnson University Hospital (RWJUH) Hamilton has partnered with the Mercer Street Friends Food Bank in Ewing to support the Send Hunger Packing program. Hospital employees purchased backpacks and filled them with shelf-stable snacks and meals

for children in the Hamilton area who were identified as being at risk for hunger. The food packs, which are taken home every Friday afternoon, ensure that the children have meals to eat over the weekend and return to school nourished and ready to learn. Pictured above is Tammy Leigh, BSN, RN, Assistant Director of the Emergency Department, Rapid Decision Unit and Intensive Care Unit at RWJUH Hamilton, who drops off her department's contribution to the program.

NEW CANCER CENTER PHYSICIANS

The Center Center at RWJUH Hamilton welcomes Ruth D. Stephenson, DO, FACOG, and Alexandre Buckley de Meritens, MD, to the gynecologic oncology program. Dr. Stephenson completed a gynecologic oncology fellowship at the University of California-Davis and has expertise in minimally invasive procedures. Dr. de Meritens, who completed a gynecologic oncology fellowship at NewYork-Presbyterian Hospital in New York City, has training in complex open and minimally invasive surgeries. He is researching quality-of-life issues for patients undergoing chemotherapy.

TESTS FOR BALANCE AND HEARING DISORDERS

The Balance and Hearing Center at RWJUH Hamilton now offers Auditory Brainstem Response (ABR) testing to help identify hearing loss in those for whom conventional testing is difficult. It also provides Vestibular-Evoked Myogenic Potentials (VEMP) testing to diagnose Meniere's disease, an inner ear disorder that causes dizziness. To learn more, visit www.rwjbh.org/hamiltonbalancehearing or call 609.245.7390.

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

1 Hamilton Health Pl., Hamilton Township, NJ 08690
609.586.7900

CONNECT WITH US ON

- @RWJHamilton
- @RWJHamilton
- RWJBarnabas Health
- www.linkedin.com/company/290186/admin

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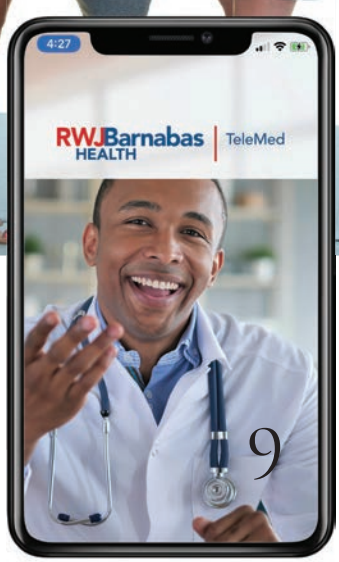
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- 2. WELCOME LETTER.** A community update from our CEOs.
- 4. COMMUNITY CALENDAR.** A roundup of health education and support programs.
- 8. HEALTHY MOUTH, HEALTHY BODY.** Brushing your teeth and flossing regularly may help keep serious medical problems at bay.
- 9. 10 TIMES TO USE TELEMED.** A virtual doctor visit can be the fastest way to feel better.

- 10. GAME CHANGER.** The RWJBarnabas Health Athletic Performance Center at Rutgers University kicks off a new era for Rutgers sports.
- 12. THE A-TEAMS FOR ADVANCED HEART FAILURE.** Two RWJBarnabas Health heart transplant programs offer world-class, close-to-home care for New Jersey residents.


- 14. CANCER: WHERE TO CALL FOR HELP.** Now there's a single phone number for clear and compassionate answers about treatment.
- 16. BEYOND BRAIN INJURY.** A new partnership provides resources to people living with traumatic brain injury.
- 17. DETECTING THE SMALLEST CANCERS.** The Center for Women's Health offers the latest in mammograms.

- 18. COMMITTED TO THE COMMUNITY.** Four young professionals share why they're passionate about raising funds for the hospital.
- 20. "I'M REALLY LIVING AGAIN!"** How medically supervised weight loss has transformed one woman's life.
- 22. COMPREHENSIVE MEDICAL CARE.** The benefits of having a primary care physician.
- 23. SAFE TRAVELS!** Travel medicine can help you stay healthy—no matter your destination.
- 24. COMMUNITY CALENDAR.** Health screenings.



Community Education

All events are held at RWJ Fitness & Wellness, 3100 Quakerbridge Road. They are **FREE** unless otherwise noted. Registration is strongly encouraged to ensure a successful program. Call 609.584.5900 to register.

 denotes a holistic event.

KidsFit Program for Weight-Challenged Youth and Teens

For ages 8 to 16 and a parent/caregiver. This nine-week, all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. The focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem. Call 609.890.4441 for registration information.

Nicotine and Tobacco Dependence Treatment Program

Mon. and Wed., 1 to 5 p.m., and Fri., 11 a.m. to 3 p.m.

One-on-one and walk-in hours for individual or group counseling. Prescriptions for smoking cessation medication are available upon request. To pre-register or for more information, contact Michael Kosloski, BA, CTTs, Certified Tobacco Treatment Specialist, 732.837.9416 or email quitcenter@rwjbh.org. Vivian Owusu-Mensah, MSN, RN, ANP-BC, OCN

BEDSIDE HARP®

Classes ongoing. For start dates, information about fees or to register, call 609.273.0068 or visit www.bedsideharp.com.

- **Instructional Folk Harp** includes music and textbooks, ear training and more than 85 songs. All ability levels. Five- or 10-week semesters are available. Harp Circle offers group sessions. Build confidence to participate in performances. Call for class fees.

Pathwork: First Friday Lecture Study

Fri., November 1, December 6, January 3; 7 to 9 p.m.

Pathwork, a body of practical spiritual wisdom, presents a step-by-step journey of self-

discovery. This year's theme: Relationship to Self, Others and Spirit. Amy Rhett, Certified Pathwork Helper

Get Friendly with Facebook Wed., November 6; 1 to 2:30 p.m.

Understand the basics of using Facebook, the world's most popular social media platform. During this hands-on workshop, you will create your own account and connect with your friends and family. Tips on Facebook safety will also be shared.

Ask the Diabetes Educator Fri., November 8; December 13 and January 10; 10 a.m. to Noon

Bring your questions about pre-diabetes, type 1 diabetes and type 2 diabetes. M. Billie O'Donnell, BSN, RN, CDE. Appointment and registration required.

A Bounty of Health

Fri., November 8; 10:30 a.m. to Noon

Tired of that overstuffed feeling at Thanksgiving? Sample some creative side dishes and find the perfect balance between good taste and nutrition. Fee: \$5. Registration closed 48 hours prior to date.

Ask the Nurse Practitioner About Lung Health

Mon., November 11, December 9 and January 13; 10 to 11 a.m.

Do you have concerns about lung cancer, chronic obstructive pulmonary disease (COPD) or other lung disease risk factors and symptoms? Our nurse practitioner can help determine your risk for lung disease. Lung cancer screening is available for current or former smokers only. Vivian Owusu-Mensah, MSN, RN, ANP-BC, OCN

Fit, Food, Fun Dinner & Social

Tue., November 12; 6:30 to 8:30 p.m.

Hit the gym after work at the expansive RWJ Fitness & Wellness Center, freshen up, then join celebrity chef Janet Davis for a flavorful and friendly dinner and social event. Dinner includes locally sourced foods, fall flavors, a delightful three-course meal and networking. Not yet a member of the fitness center? Enjoy a FREE tour, one-week pass and wellness assessment on us! Fee: \$25 per person. Chef Janet Davis of JADE Consulting and JADE Jamaican Grill.

Overcoming Social Anxiety, Step-by-Step

Tue., November 12; 6:30 to 8 p.m.

Social anxiety can be debilitating, and there's no "quick fix." It requires a commitment to personal discovery and the regular practice of stress relief. Rachel Adkinson, Executive Director of Find Your Voice. Collaboration with NAMI Mercer. Registration required.



FIRST SATURDAY WALKS

Walking in Nature: A Prescription for Better Health

Come discover the Abbott Marshlands with a knowledgeable guide. Each **First Saturday Walk** will explore a different part of this rich and diverse natural area. Guides and locations will vary so that all marshland trails will be explored during the year. For meeting times, location, trails and cancellation information, visit www.abbottmarshlands.org.

Robert Wood Johnson University Hospital Hamilton is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P190-10/15-19. Provider Approval is valid through October 2021.

Lunch & Learn: Know More About Hearing Aids

Wed., November 13, December 11, January 8; Noon to 1 p.m. Balance and Hearing Center RWJUH Hamilton Campus 2 Hamilton Health Place

Get the answers to your questions about hearing aids and try out the hearing aids we offer. Lunch is complimentary. Call 609.245.7390 to register.

Diagnosis and Treatment of Carpal Tunnel Syndrome

Wed., November 13; 1 to 2:30 p.m.

Carpal tunnel syndrome is a common condition that causes pain, numbness and tingling in the hand and arm. The latest advances in diagnosis and treatment will be discussed. Dorota Gribbin, MD, Chairman, Physical Medicine and Rehabilitation, and Erika Serviolo, MS, OTR/L, occupational therapist. Registration required.

Private Reiki Sessions

Wed., November 13, December 11, January 8; 5 to 8 p.m.;

Tue., November 19, December 17, January 21; 2 to 5 p.m.

Enjoy the profound relaxation of a private Reiki session.

Patti McDougall, BSN, RN, Integrative Therapies Nurse, Reiki Master. Fee for a 30-minute session: \$40; one-hour session: \$80. By appointment.

When and Why People are Difficult
Thu., November 14; 1 to 3 p.m.
 Learn strategies and gain a deeper understanding of why some people “push our buttons” and how to cope. Edie Glover, LSW, MSW
 Fee: \$15. Registration required.

The Future of Neuroscience
Thu., November 14; 6 to 8 p.m.
 Learn about groundbreaking therapies and new surgical techniques for optimal neurological health. Erol Veznedaroglu, MD, FACS, FAANS, FAHA. Registration required.

Kids in the Kitchen
 Hands-on cooking class directed by a dietitian. For children ages 6 and older with a parent/caregiver. Fees: \$5 per child and \$5 per parent/caregiver. Register early; class size is limited.

- **Thu., November 14, 6:30 to 8 p.m.**
Turkey Day Treats Fun and healthy ideas to keep Thanksgiving Day appetites in check.
- **Thu., January 9, 6:30 to 8 p.m.**
Oh, Those Oats! Celebrate National Oat Month with smoothies, snacks and fresh meal ideas made with this healthy kitchen staple.

Caregiver Conference: Empowering Caregivers
Fri., November 15; 5 to 8 p.m.
 Gain insight and information that will empower you in your caregiving journey.

- **Building Caregiver Resiliency:** Easy ways to support your health and stay strong. Mary Catherine Lundquist, M.Div.
- **Effective Communication Strategies:** Strategies to connect and communicate at each stage of dementia. Robyn Kohn, MA, CDP. Light dinner provided. Registration required.

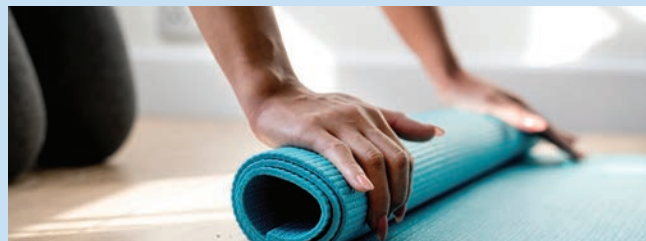
How to Stop Stress from Stealing Your Health!
Tue., November 19; 6:30 to 8 p.m.
 Are you so stressed that you can't sleep or your blood pressure is climbing? Learn how to take control of your health using these simple 60-second solutions. Carol Rickard, LCSW. Registration required.

Weight Loss: Medical and Surgical Options
Tue., November 19 and January 21; 6 to 7 p.m.
 Explore the options for shedding unhealthy weight. The new Center for Weight Loss provides medically supervised weight loss and bariatric surgery. Bring your questions for our bariatric coordinator and physician.

Orthopedics Open House Joint Replacement
Tue., November 19; 6 to 8 p.m.
 Discover the latest advances in knee and hip replacement surgery. Learn how the Center for Orthopedic & Spine Health prepares you for successful joint replacement. Dinner included. John P. Nolan, MD, fellowship-trained orthopedic surgeon, and RWJ physical therapists. Registration required.

Ask the Dietitian
Wed., November 20 and December 18; 9 to 11 a.m.
Tue., January 14; 9 to 11 a.m.
 Have a question about diet and nutrition? Join Michelle Summerson, MEd, RD, for a one-on-one Q&A and receive a body-fat screening. Registration required.

Mindfulness Meditation for Beginners
Wed., November 20, December 18, January 15; 1 to 2 p.m.
 Enjoy the health benefits of meditation. No experience necessary. Patti McDougall, Integrative RN.



HealthRhythms® Drumming
Wed., November 20, January 15; 7 to 8 p.m.
 HealthRhythms®, an evidence-based program, strengthens the immune system, reduces stress and is lots of fun. Drums are provided or bring your own. Mauri Tyler, CTRS, CMP. Fee: \$15 per class.

Great American Smokeout Commit to Quit
Thu., November 21; 11 a.m. to 1 p.m.
 The Great American Smokeout is held every year to help smokers quit for at least one day in the hopes that they will quit forever. Join the Community Education Department and the Rutgers Cancer Institute of New Jersey as we spotlight the dangers of smoking. Educational materials available.

Reiki Share
Thu., November 21 and Wed., January 22; 7 to 9 p.m.
 Reiki practitioners can share the gift of Reiki with each other. Bring a pillow, small sheet and blanket. Fee: \$5 per class.

Thinking of Quitting?
Tue., November 26; 6 to 8 p.m.
 Every year, 1.3 million smokers quit. Research shows that smoking cessation programs and medication are integral to kicking the habit. Kevin F. Law, MD, board-certified in pulmonary, sleep and internal medicine, and Vivian Owusu-Mensah, MSN, RN, ANP-BC, OCN. Registration required.

No Surgery Required: Treatment for Knee and Shoulder Pain
Tue., December 3; 6 to 8 p.m.
 Discover non-surgical and integrative approaches to treating these common problems. Adam Redlich, MD, board-certified in sports medicine. Registration required.



Cancer: Thriving and Surviving Program
Wed., December 4, 11, 18 and January 8, 15, 22; 1 to 3:30 p.m.
 This six-week, interactive Stanford University program teaches techniques for dealing with frustration, fatigue, pain, isolation, poor sleep and living with uncertainty. Registration required.

Destigmatizing Depression and Anxiety
Thu., December 5; 6 to 8 p.m.
 More than 15 million adults experience depression. Neurobiology, signs, symptoms and treatment are discussed. Anjali Bhandarkar, MD, board-certified, internal medicine. Registration required.

Soul Collage
Fri., December 6; 1 to 4 p.m.
 Soul Collage is a method for unlocking the wisdom of your creative, intuitive self. No artistic ability necessary. Led by Amy Rhett, certified SoulCollage® Facilitator. \$20 includes all materials. Registration required.

Tools to Manage Holiday Stress
Tue., December 10; 12:30 to 1:45 p.m.
 Life Coach Natasha Sherman will give you tools to help bring joy back into the holidays. Registration required.

Oh, My Aching Joints!
Tue., December 10; 6 to 8 p.m.
 Osteoarthritis of the hip and knee occurs when inflammation and injury cause cartilage to break down. Signs, symptoms and treatment will be discussed. Hari P. Bezwada, MD, orthopedic surgeon. Registration required.

CONTINUED ON THE NEXT PAGE

Food & Fun for the Whole Family HOLIDAY EDITION

Sat., December 14, 9 a.m.
Cooking and breakfast with Santa. Parents and younger kids spend time with Santa while the older siblings whip up and serve a tasty breakfast with the guidance of Chef Janet. Each young chef receives his or her own apron and learns to set the table, cook and serve. All family members welcome; children who cook must be at least 10. Chef Janet Davis of JADE Consulting and JADE Jamaican Grill. Fee: \$20 for adults; children are free. Must register.

What is Pelvic Health?

Tue., December 17; 10 to 11:30 a.m.
Learn about the anatomy and function of the pelvic girdle, bladder and pelvic floor muscles. Symptoms, causes and the latest treatments for pelvic pain, urinary incontinence and other pelvic floor problems will be discussed. Rachna Mehta, PT, DPT, CIMT, OCS, PRPC. Registration required.

Winter Solstice Drum Celebration!

Wed., December 18; 7 to 8:30 p.m.
Winter Solstice marks the longest night of the year. We will celebrate the sun's return as the days get longer. Drums provided or bring your own. No musical experience needed. Mauri Tyler, CTRS, CMP. Refreshments will be served. Fee: \$15

2020: Do You Envision Weight-Loss Success?

Mon., January 6; 5:30 to 6:30 p.m.
Join Barbara Ulrich to get motivated for success and start the new year feeling empowered! Registration required.

Goodbye, Things (Conquering Clutter)

Tue., January 7; 1 to 2:30 p.m.
Learn how having a lot of "stuff" reduces our productivity and happiness. Discover how to become a "minimalist." Edie Glover, LSW, MSW. Fee: \$15. Registration required.

Emergencies Happen. Are You Prepared?

Thu., Jan 9; 1:30 to 2:30 p.m.
Topics include creating an emergency plan and an emergency "go kit," emergency evacuation and sheltering in place, pet preparedness, medication distribution during an emergency, and Register Ready. Mercer County Division of Public Health. Registration required.

Achieving Optimal Bone Health in 2020

Tue., January 14; 6 to 8 p.m.
Osteoporosis diagnosis, risk factors and treatment are discussed, as well as the importance of weight training to optimize bone health. Donna Reger, MD, board-certified in internal medicine,

and Eve Gonsiorek, exercise physiologist/trainer. Registration required.

Super Soups!

Fri., January 17; 10:30 a.m. to Noon
Research shows that eating soup and other low-calorie, high-volume foods can help you manage weight. Sample fresh soup recipes and learn about their health benefits. Fee: \$5. Registration closed 48 hours prior to date.

Make New Year's Resolutions that Succeed

Tue., January 21; 6 to 7:15 p.m.
There are tools that can help you stick with your New Year's resolutions. Join Life Success Coach Natasha Sherman to learn what it takes. Registration required.

Orthopedics Open House Joint Replacement

Tue., January 21; 6 to 8 p.m.
Discover the latest advances in knee and hip replacement surgery. Learn how the Center for Orthopedic & Spine Health prepares you for successful joint replacement and talk to our rehabilitation team. Arjun Saxena, MD, fellowship-trained orthopedic surgeon, and RWJ physical therapists. Dinner included. Registration required.

Ask the Diabetes Team

Thu., January 23; 10 to 11:30 a.m.
Bring your diabetes-related questions to our diabetes educator, registered dietitian and health coach. Registration required.



Seniors

Support groups accept walk-ins. All programs are FREE unless otherwise noted.

Look for programs like these and other new offerings with the new Better Health program for members age 50 or better!

50+ Bridge Club

Mon. and Fri., Noon to 3 p.m.
Join us if you have basic knowledge of the game and point system.

50+ Charity Knitting Club

Wed., 10 a.m. to Noon
Knitters make items for hospital patients. Experienced knitters at all levels are welcome. For more information, call 609.298.7040.

State Health Insurance Assistance Program (SHIP)

Trained counselors provide free, objective and confidential help with questions and issues related to Medicare. Call for an appointment: 609.695.6274, ext. 215.

The AARP Driving Course

Mon., November 4, December 2 and January 6; 9 a.m. to 3 p.m.
Be a safer, better driver. Most insurance companies will lower your premium with a completion certificate. Bring your NJ driver's license. Fee: \$20; \$15 for AARP members. Cash or check only.

The Wise Woman: Positive Aging

Tue., 1:30 to 3 p.m.
As we age, the twists and turns of life challenge us to remain positive and stay engaged in life. Interactive group format.
• **November 5:** Gratitude: The Gift That Keeps Giving
• **December 3:** Holiday Stress
• **January 7:** Self-Compassion

Grief & Loss Group for Older Adults

Thu., November 7 and 21; December 5 and 19; January 2 and 16; 1:30 to 2:30 p.m.
If you've lost a loved one or have been separated from your support system, find comfort by interacting with others.

Medicare Update 2020

Fri., November 8; 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 from October 15 through December 7. Registration required.

Medicare Part D Enrollment Event

Thu., November 14; 10 a.m. to 1 p.m.
SHIP counselors will help you sign up for or change your Medicare Prescription Plan. Bring your Medicare card and list of prescription drugs. Appointment and registration required.

Discovering the Gold in the Golden Years

Tue., 1:30 to 2:30 p.m.
An upbeat, safe place for older adults to talk openly about stressors in a group format.
• **November 19:** Social Connections: Key to Happiness and Health
• **December 17:** Aging Gracefully
• **January 21:** Enjoyment: Get More Out of Life

MEDICAL ADVISORY PANEL MEMBERS

The following physicians and experts provide guidance and expertise in developing our community health education programs.

Richard Freeman, CEO

Seth Rosenbaum, MD, CMO/Infectious Disease

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

Diane Grillo, MBA, VP Population Health

Maqsood Amjad, MD Hematology/Oncology

Prajakta Avhad, MD, Pain Management

Leslie Adelman Banks, Fitness & Wellness Center/Managing Partner

Hari Bezwada, MD, Orthopedic Surgery

Anjali Bhandarkar, MD, Internal Medicine

Gurvan Blackman, MD, Interventional Radiology

Sean Bradley, DMD, Oral & Maxillofacial 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 Eladoumikdachi, MD, Oncology/Breast Surgery

David Feldstein, MD, Interventional Radiology

Jarad Fingermer, DO, Urology

Elie Goldenberg, MD, General & Bariatric Surgery

Dorota Gribbin, MD, Physical Medicine & Rehab/Pain Mgmt.

Joshua Hornstein, MD, Orthopedics

Navatha Kurugundla, MD, Pulmonology/Sleep Medicine

Kevin Law, MD, Critical Care/Sleep Medicine

Marc Levine, MD, Orthopedic Spine Surgery

Ken Liebman, MD, Neurology

Matthew Lynch, MD, Plastic & Reconstructive Surgery

Biagio Manna, DO, Thoracic Vascular Surgery

Shivaprasad Marulendra, MD, Gastroenterology

Ronniel Nazarian, MD, Orthopedic Surgery

John Nolan, MD, Orthopedics

Earl Noyan, MD, Bariatric Surgery

Marguerite O'Donnell, BSN, RN, Educator, Community Education

Rao S. Pasupuleti, MD, Neurology

Val Prokurat, DO, Bariatric Surgery

Nazer Qureshi, MD, Neurosurgery

Pam Randolph, PT, DPT, Director, Rehabilitation Services

Adam Redlich MD, Sports Medicine

Donna Reger, MD, Internal & Occupational Medicine

Anthony Ricketti, MD, Allergy & Pulmonology

Arjun Saxena, MD, Orthopedics

Reza Shah, DO, General/Vascular Surgery

Robert Silverbrook, DO, Internal Medicine

Lauren Stabinsky, MSN, RN, Dir., Community and Corporate Wellness

Kim Zambito, MD, Hand Surgery

Human Trafficking IS in Our Midst!

Tue., January 28; 6 to 8 p.m.

Did you know that 83 percent of human trafficking victims are American citizens, with an average age between 12 and 14? Learn how to protect our children. Kim Murphy and Monica Kristen, LSW, of Dreamcatchers, a statewide



program that provides holistic, trauma-informed care to victims of human trafficking and those who are at risk for exploitation. Registration required.

The Mouth-Body Connection

Thu., January 30; 6 to 8 p.m. Conference Room A

Learn how the state of your mouth can affect the health

of your entire body and how to optimize your oral health. Sean Bradley, DMD

Are You Stressed?

Thu., January 30; 1 to 4 p.m.

Take a simple test to determine your stress level. You'll receive personalized information and coping strategies. Shirley Roberts, MA, LPC. Appointment and registration required.

Support Groups & Caregiving

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

Nicotine and Tobacco Dependence Treatment Program Group Session Counseling

Every Thu., 6 to 7 p.m.

Prescriptions for smoking cessation medication (gum, patches, etc.) available upon request. To pre-register or for more information, contact: Michael Kosloski, BA, CTTS, Certified Tobacco Treatment Specialist, 732.837.9416 or email quitcenter@rwjhb.org

Diabetes Support Group

Fri., November 1, December 6, January 3; 1:30 to 3 p.m. 609.587.5900

Breast Cancer

Meets first Tue.; 6:30 p.m.

609.584.2836
Meets at the Cancer Center (CINJ)

Bereavement

Call 609.631.6980 for registration and location.

Peripheral Neuropathy

Call 609.587.7215

Nicotine Anonymous

Fri., 7 p.m.
Outpatient Auditorium, RWJUH Hamilton
1 Hamilton Health Place. Call 609.584.0122 for information. No registration required.

Caregiver Series: Caring for Loved Ones with Chronic Conditions

Mon., 10:30 to 11:30 a.m.

- **November 4:** Caring for the Caregiver
 - **November 18:** Caregiving for the Holidays
 - **December 2:** First Steps for Caregivers
 - **December 16:** Dealing with Challenging Behaviors
 - **January 6:** Seven Stages of Dementia
 - **January 13:** Handling Sibling Conflict in Caregiving
- Caring for a chronically ill senior can take a physical and emotional toll on family members. An Oaks Integrated Care Senior Well-Being Specialist leads the discussions.

Adult Children Caring for Parents

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

- **November 4:** Caregiving for the Holidays
 - **November 11:** Dealing with Challenging Behaviors
 - **December 2:** Long-Term Care Planning
 - **December 9:** Seven Stages of Dementia
 - **January 6:** Handling Sibling Conflict in Caregiving
 - **January 13:** Normal Aging or Alzheimer's Disease?
- An Oaks Integrated Care caregiver specialist will conduct these interactive workshops and facilitate a supportive group experience.

Caregiver Support Group

Wed., November 6, December 4, and January 8; 5:30 to 6:30 p.m.

Supportive discussion group for those caring for a loved one who is aging or has a chronic illness. Shared experiences can be healing. Oaks Integrated Care.

Stroke Survivors Support Group

Wed., November 6 and December 4; 6 to 7:30 p.m.

Letting Go of Clutter

Tue., November 12, December 10, January 14; 1:30 to 3 p.m.

This support group explores how our emotional ties to our "stuff" can create clutter and affect mood.

Bariatric Weight Loss Support Group

Tue., November 12, December 10, January 14; 6 to 7 p.m.

Call 609.584.5900 to register.

Caregiver Conference: Empowering Caregivers

Fri., November 15; 5 to 8 p.m.
See Community Education section for more details.

Alzheimer's Support

Wed., November 20, December 18, January 15; 6 p.m.

Oaks Integrated Care, 609.396.6788, ext. 89713.



SEAN BRADLEY, DMD

HEALTHY MOUTH, HEALTHY BODY

BRUSHING YOUR TEETH AND FLOSSING REGULARLY MAY HELP KEEP SERIOUS MEDICAL PROBLEMS AT BAY.

When you brush and floss your teeth and visit your dentist regularly, you're not just maintaining your oral health. You're also safeguarding your overall health. In recent years, scientists have discovered that severe, chronic gum inflammation resulting from inadequate oral hygiene boosts the odds of developing serious—even life-threatening—health problems. Sean Bradley, DMD, an oral and maxillofacial surgeon at Robert Wood Johnson University Hospital Hamilton, explains how oral health affects the body.

What are the health risks associated with not brushing or flossing thoroughly?

Plaque, a film that contains bacteria, builds up between the gums and teeth. This can cause the gums to become inflamed. If early inflammation, called gingivitis, is untreated, it can progress to periodontitis, in which gum tissue and the bones that support the teeth break down. What's more, inflammation may contribute to the following:

- Heart disease
- Stroke
- Endocarditis (a heart-valve infection)
- Low birth weight in babies born to pregnant women

- Diabetes (gum inflammation weakens the body's ability to control blood sugar, leaving you more vulnerable to infection)
- Alzheimer's disease
- Cancer (research shows that people with gum disease are at higher risk for kidney, pancreatic and blood cancers)
- Respiratory infections (bacteria in the mouth can be inhaled, which can lead to pneumonia)

What's the link between gum disease and heart disease?

Research now points to gum disease as an important risk factor for heart disease, atherosclerosis (hardening of the arteries) and heart attacks. Up to 91 percent of people with heart disease have periodontitis, compared to 66 percent of those who don't have the condition.

Bacteria from teeth and gums enter the bloodstream, producing toxins that injure the lining of blood vessels and cause inflammation. This contributes to atherosclerosis, or a buildup of plaque (fatty deposits composed of cholesterol and other substances) on the walls of coronary arteries.

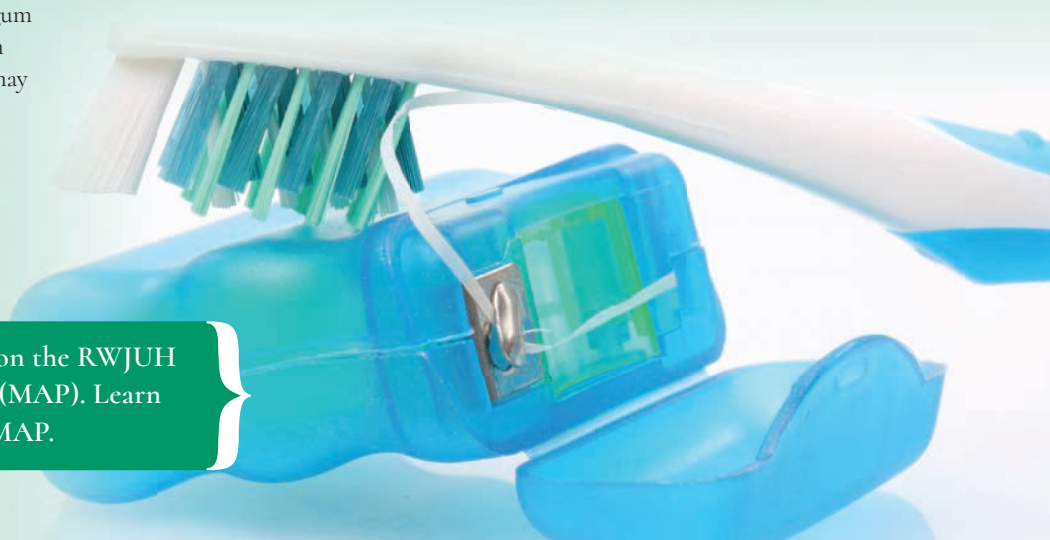
How can you tell if your gums aren't healthy?

One sign of trouble is bleeding when you brush or floss, but your dentist can more thoroughly evaluate the health of your gums. Be sure to see your dentist for a checkup every six months.

What's the best way to avoid inflamed gums?

Brush your teeth at least twice each day after meals for two minutes and floss daily.

Sean Bradley, DMD, is a specialist on the RWJUH Hamilton Medical Advisory Panel (MAP). Learn more at www.rwjbh.org/hamiltonMAP.



10 TIMES TO USE TELEMED

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

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

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

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



CALL 911 IF...

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

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



You get sick while on vacation.



Your doctor's office is closed.



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



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



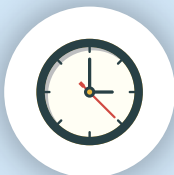
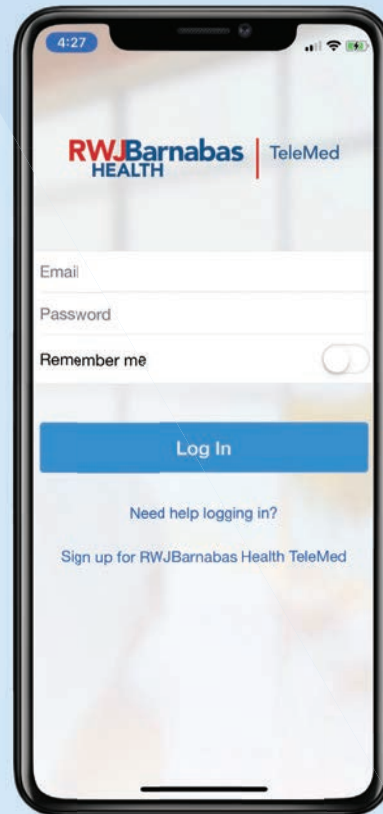
You feel too sick to leave the house.



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



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



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



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



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

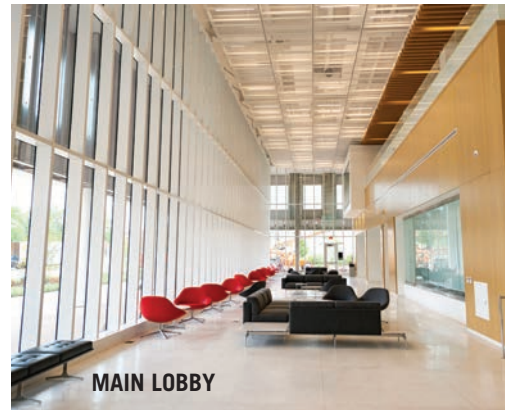
To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.



GYMNASTICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



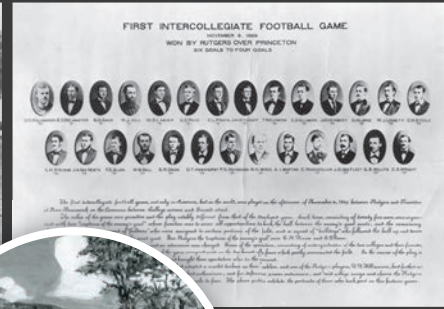
BASKETBALL



WRESTLING



**HAPPY BIRTHDAY,
COLLEGE FOOTBALL!**
150 YEARS OF ATHLETIC PROWESS
AND PASSIONATE FANDOM BEGAN
AT RUTGERS UNIVERSITY.



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

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

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

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

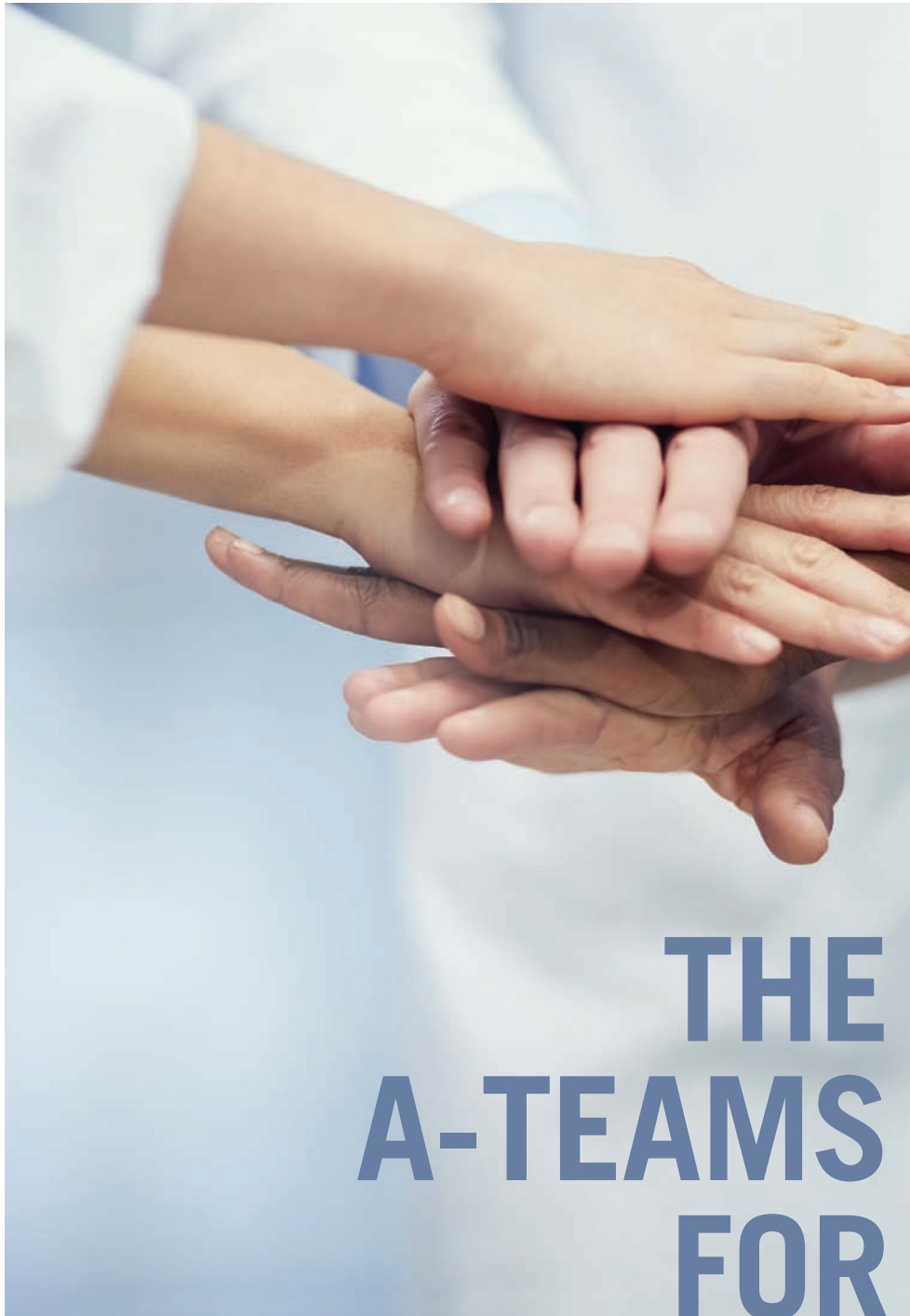
Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

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



X-RAY ROOM

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



THE A-TEAMS FOR

ADVANCED HEART FAILURE

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

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

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

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

COVERING THE STATE

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

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

can do complete workups for patients under one roof.”

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

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

MULTIDISCIPLINARY APPROACH

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

Both programs rely on multidisciplinary teams to provide



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

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

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

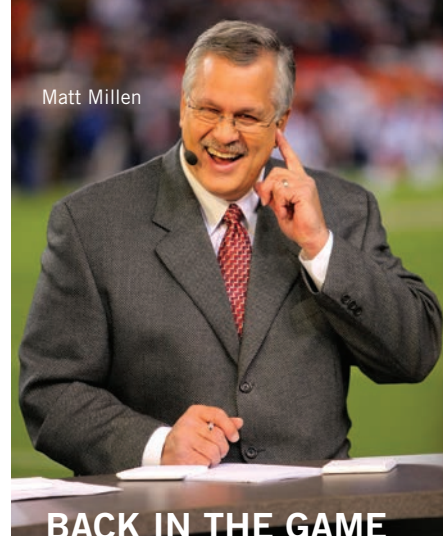
FUTURE-FACING

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

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

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

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



BACK IN THE GAME

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

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

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

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

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

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

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





CANCER: WHERE TO CALL FOR HELP

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

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

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

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



STEVEN K. LIBUTTI, MD

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

NAVIGATING THE JOURNEY

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

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

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

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



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



RAISE YOUR HANDS FOR SURVIVORS

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

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

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

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

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



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

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



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

BEYOND BRAIN INJURY

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



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

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

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

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

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

MOVING FORWARD

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

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

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

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

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

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



HELP FOR HIGH-RISK PATIENTS

If you're concerned about your risk for breast cancer, you may benefit from the Robert Wood Johnson University Hospital Hamilton and Rutgers Cancer Institute of New Jersey Hereditary Oncology Prevention and Evaluation (HOPE) Program. The program provides genetic counseling and testing, as well as social support. A person has an initial consultation with a genetics counselor. If he or she is found to be at high risk, he or she can undergo formal testing, says Patty Hutman, a breast health navigator and coordinator for the HOPE Program. The person provides a saliva sample, and a chromosome analysis is performed. Results are available in seven to 14 days and are reviewed during a follow-up consultation. To learn more about genetic counseling, call 609.584.2836.

DETECTING THE SMALLEST CANCERS

THE CENTER FOR WOMEN'S HEALTH OFFERS THE LATEST IN MAMMOGRAMS.

October is the month of the pink ribbon in honor of breast cancer awareness. That ribbon is a good reminder to get a mammogram, a screening tool for breast cancer. Aside from certain types of skin cancer, breast cancer is the most common cancer in women. There's a 1 in 8 chance that a woman will develop breast cancer at some point in her life. Fortunately, radiologists are now able to detect very small tumors thanks to an advanced imaging technique.

Three years ago, the Robert Wood Johnson University Hospital (RWJUH) Hamilton



SANDIP NAYEE, DO

Center for Women's Health began offering three-dimensional (3-D) mammography, also known as breast tomosynthesis. With this technique, breast images are sliced thinly, and 100 to 300 images are generated instead of

the standard four. "This improves our ability to detect breast cancer," says Sandip Nayee, DO, the Center's lead radiologist. "We look at each 'slice' of the breast and can detect tumors that are sometimes not apparent on two-dimensional mammograms." Breast tomosynthesis also decreases the chances of being called back for a follow-up mammogram.

Three-dimensional mammograms are able to detect small tumors more easily in dense breasts. They can also be beneficial in women with fatty breasts. Subtle areas of distortion, which may indicate an underlying tumor, are clearer on 3-D images.

FOLLOW-UP TESTING

The Center for Women's Health also offers diagnostic mammography, in which a follow-up mammogram is performed if a finding on

an initial screening mammography requires additional investigation. "We want to be sure that what we saw on the initial mammogram is a persistent finding," says Dr. Nayee.

If a nodule, or lump, is found, an ultrasound—a test that uses sound waves to create images of the body—may be performed. If the nodule is a fluid-filled cyst, no further testing is needed. But a solid nodule may need to be biopsied.

"Approximately 75 percent of breast biopsies are not cancer," says Dr. Nayee.

Women at average risk for breast cancer should begin having annual mammograms at age 40. Those who have risk factors, such as a genetic mutation or a first-degree relative with breast cancer (such as a sibling, mother or child), should be screened earlier. Talk with your physician about the right screening program for you.

RWJBarnabas Health and RWJUH Hamilton, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

To schedule a mammogram, visit www.rwjbh.org/mammo and select RWJUH Hamilton or call 609.584.6400.

COMMITTED TO THE COMMUNITY

FOUR YOUNG PROFESSIONALS SHARE WHY THEY'RE PASSIONATE ABOUT RAISING FUNDS FOR THE HOSPITAL.

At Robert Wood Johnson University Hospital (RWJUH) Hamilton, fundraising is fun—especially for members of the Young Professionals Group (YPG), which is composed of 30 dedicated volunteers under age 40. Since it formed 15 years ago, the group has raised over \$1 million for the hospital. “It’s impressive that young professionals—many in their 20s—are powerful enough to have that kind of impact,” says Christina Spinelli, a longtime YPG member.

Local residents in a variety of professions gather monthly to plan fundraising events. When a member “ages out” of the group, he or she may submit his or her resume for a position on the Foundation Board, says Jessica Alleman, Manager, RWJUH Hamilton Foundation. In the past, the group has raised funds for the Pediatric Emergency Department. Members are currently raising \$150,000 for the Cancer Center.

The four women featured here are especially dedicated to RWJUH Hamilton. “Each member carves out time weekly and sometimes even daily to make sure the hospital is being promoted and to raise funds,” says Alleman. “These young professionals are active in many nonprofit organizations in Mercer County.” Not only do they share a passion for the hospital, but they’re also close friends. Here, they explain why they devote their time and talents to RWJUH Hamilton.



CHRISTINA SPINELLI

- **Day job:** Vice President and Relationship Manager (“My Banker”) at Berkshire Bank
- **How long she’s been a YPG member:** 9 years

Christina, who is Chair of Membership for the YPG, interviews prospective YPG members and is involved in many YPG fundraisers. Last October, she co-chaired the first “WE vs. C” gala and the first “Paint the Bar Pink” event, both of which raised funds for the Cancer Center. “As a breast cancer survivor, raising money for cancer is so important,” says Christina, who was treated five

years ago. “I was given a second chance at life, and this is my opportunity to give back.”

Christina is turning 40 this year, so this is her final year as a YPG member. Last spring, she was honored as the “Young Professional of the Year” at the “All in Good Taste” beer and wine mixer. “It was such an honor to be recognized,” says Christina. “The group is like a family, and it has helped me grow professionally as well as personally. I feel bittersweet about leaving YPG, but I still plan to attend and support all of their events and become more involved in the hospital.”

* SAVE THE DATE:

OCTOBER 17: “PAINT THE BAR PINK”

Killarney’s Publick House
1644 Whitehorse-Mercerville Road in Hamilton

Give for good health and experience the joy of helping others.
Learn more at www.rwjbh.org/hamiltongiving.



KACIE HURLEY

- **Day job:** Director of Business Development at HBK CPAs and Consultants
- **How long she's been a YPG member:** 7 years

With a career and a 1-year-old child, Kacie has a full plate, yet she makes time to raise funds for the hospital. "I live in Hamilton and healthcare is very important," she says. "If there were an emergency, I have peace of mind knowing I can go to RWJUH Hamilton. It's important for the community."

Over the last four years, Kacie has been the elected Event Chair and is responsible for overseeing all of the group's events, including "All in Good Taste," which is held in the spring at The Boathouse at Mercer Lake in West Windsor.

Kacie met her husband, Jeff, through YPG. Two YPG members—Christina and Jillian—were bridesmaids in her wedding. Jeff is also an active member of the group, and he and Kacie attend monthly meetings and events together. "I've met a lot of great people through YPG," she says. "From professional and personal perspectives, it's been a win-win."



CARLI SPIRES

- **Day job:** Sales Manager at Ritchie & Page Distributing Company, Inc.

Last year, Carli came up with the idea for the "Paint the Bar Pink" fundraiser. A manager she knew at a local bar had battled breast cancer and the woman wanted to do something to raise money for prevention and research, says Carli. She knew several YPG members, including Christina, from local events. So Carli mentioned it to Christina, and the idea was born. Kegs of Bud Light were dyed pink and pink cocktails were served. A local musician donated her time, and YPG volunteers sold raffle tickets for items from local vendors. "The turnout was great," says Carli. "We raised \$5,000 for the Foundation. It's rewarding to be involved in a good cause." Carli is also an active committee member for RWJUH Hamilton's Autumn Affair.



JILLIAN STENDEL

- **Day job:** Account Executive at A1 Limousine
- **How long she's been a YPG member:** 1 year

Being a working mother of a 2-year-old daughter keeps Jillian busy, but she makes a point to give back in every way she can. She has been active in Mercer County fundraising and community service for over 10 years, beginning with her position with the former MidJersey Chamber of Commerce, where she was first introduced to RWJUH Hamilton.

Jillian is involved with all of the RWJUH Hamilton Foundation events and committees and supported YPG's events over the years before joining the group in January. This spring, she was co-chair of "All in Good Taste." "It was our most successful year," she says. "We raised upwards of \$50,000 for the Cancer Center, surpassing our goal, and generated interest from the professional community. It is an exciting time to be involved."

Jillian is a co-chair of this year's "Paint the Bar Pink" fundraiser, which will involve local celebrities, such as the Phillie Phanatic and radio personalities. "YPG has made a real impact in the community," she says. "I'm proud to be part of such a dynamic group."

DELIVERING COMPREHENSIVE CARE

The Center for Weight Loss at Robert Wood Johnson University Hospital (RWJUH) Hamilton offers both medical and surgical weight-loss options. “The medical weight-loss program is for people who don’t want to take a surgical approach or who don’t meet the requirements for surgery,” says Sandy Haas, BSN, RN, BCS, Bariatric Program Coordinator at the Center. If appropriate, weight-loss medications may be an option. For those who are eligible for surgery, the Center offers sleeve gastrectomy, gastric bypass, lap band removal and revision surgeries.

Regardless of which route a patient chooses, he or she receives care from a multidisciplinary team of specialists, including board-certified bariatric surgeons, psychotherapists, registered dietitians, certified bariatric care specialists and bariatric fitness trainers. The Center has been named a Center of Excellence for metabolic and bariatric surgery by the Surgical Review Corporation, meaning it provides safe, effective and high-quality care.

After dropping 100 pounds, Katie Dorsey has more energy, is more confident and is enjoying outings with her husband and friends.

To learn more about the Center for Weight Loss at Robert Wood Johnson University Hospital Hamilton, call **609.249.7510** or visit www.rwjbh.org/hamiltonbariatric.

“I’M REALLY LIVING AGAIN!”

HOW MEDICALLY SUPERVISED WEIGHT LOSS HAS TRANSFORMED ONE WOMAN’S LIFE.

When Katie Dorsey turned 30, she decided it was time to make a change in her life. She’d struggled with her weight for as long as she could remember, but she was never able to lose more than 30 pounds on her own. “When I turned 30, I realized it wasn’t going to get any easier, so I decided to take action to try to avoid weight-related health problems,” says the 31-year-old business development manager from Little Egg Harbor.

Katie called several local weight-loss centers in her insurance plan, but when she asked questions, she felt she was being rushed off the phone. Finally, she contacted the Center for Weight Loss at Robert Wood Johnson University Hospital (RWJUH) Hamilton. She spoke with Sandy Haas, BSN, RN, BCS, Bariatric Program Coordinator at the Center, who took the time to answer all of her questions. “She made me feel completely at ease,” recalls Katie.

A HEALTHIER LIFESTYLE

Katie saw one of the Center’s bariatric physicians, who recommended surgery but advised that she lose weight first with the help of medication. She also met with a dietitian. “She helped me with portion control and creating healthier versions of foods I enjoy so I wouldn’t feel deprived,” says Katie. In just under three months, she lost 30 pounds.

On April 1, Katie had gastric bypass surgery. During gastric bypass, the surgeon divides the stomach into two sections. The top part becomes a small pouch the size of a walnut—limiting the amount of food that can be eaten—and is connected to the middle of the small intestine. The remaining parts of the stomach and

intestinal tract don’t absorb food. The procedure leads to hormonal changes that reduce appetite, and most patients lose 60 to 80 percent of their excess body weight.

Katie stayed in the hospital for two nights after the surgery. She returned to work and exercise within three weeks. Today, she eats just four to five small meals a day. “I bring all of my food to work with me,” she says. “Being prepared helps me stay on track and avoid challenging menu decisions.” Katie also works out five to six days a week, doing a combination of strength training and cardiovascular exercises.

The Center’s monthly bariatric support group meetings have been helpful to Katie. “There’s a lot of camaraderie and understanding in the group,” she says. The support group even has an annual fashion show in December. Patients who have lost weight come to the Center for a dinner with their families and friends. “We show a ‘before’ picture, and then the person walks down the runway and talks about some of his or her triumphs, such as no longer having high blood pressure or being able to bend over and tie a shoe,” says Sandy Haas.

Katie’s hard work has paid off. Since her first appointment at the Center, she’s dropped 100 pounds. “I feel like I’m really living again!” says Katie. “I have so much more energy, and I’m a lot more confident.” She’s also more active. “I’m going to the boardwalk, zoo, beach and pool with my husband and friends,” she says. “It’s great experiencing all the things that come with weight loss, like being able to fit in smaller clothes and feel better, but the main thing I wanted to do is be a healthier version of myself.” Mission accomplished.



COULD YOU BENEFIT FROM SURGERY?

If you meet the following criteria, you may be eligible for weight-loss surgery. Check with your insurance carrier to ensure surgery is covered by your policy.

- A Body Mass Index (BMI) of 35 or above with obesity-related medical conditions, such as diabetes, high blood pressure or sleep apnea
- A BMI over 40
- Failed attempts at weight loss

HELP FOR MAINTAINING WEIGHT LOSS

Center for Weight Loss patients can take advantage of the Bariatric Wellness Program at the RWJ Fitness & Wellness Center (3100 Quakerbridge Road, Mercerville). The two-month program, available at an additional cost, is designed to help patients maintain their weight loss. It consists of 16 exercise sessions with a bariatric fitness trainer who specializes in the needs of overweight patients. For more information, call **609.531.4131**.



COMPREHENSIVE MEDICAL CARE

THE BENEFITS OF HAVING A PRIMARY CARE PHYSICIAN ON YOUR TEAM.

You might be tempted to head to a specialist when you're feeling ill, but you're better off seeing a primary care physician (PCP) first. "Everyone needs a health 'quarterback,'" says Shankar Santhanam, MD, a primary care physician in Lawrenceville. "For instance, if you have a thyroid condition, you might experience fatigue, insomnia, heart palpitations, weight gain and constipation. You could see a gastroenterologist, bariatric specialist or cardiologist for any one of these symptoms,



SHANKAR SANTHANAM, MD

but a primary care doctor looks at the big picture when it comes to your health."

A recent Kaiser Family Foundation survey found that one-quarter of adults don't have a healthcare provider

to turn to when they're ill. Here are the key reasons to consider finding a PCP:

1 YOU'LL RECEIVE EXCELLENT PREVENTIVE CARE.

Instead of putting out health "fires," your PCP will keep you well. "A lot of people ignore their health until there's a red flag," says Dr. Santhanam. "We can help patients avoid that." Your PCP will ask about your medical and family history, record your blood pressure and weight, and give you a head-to-toe exam. Your thyroid, heart rate and abdomen will be checked, and you'll be screened for depression. Your PCP will also prescribe any other necessary screening tests, such as a mammogram, colonoscopy or bone density imaging. Blood work will be performed to check your blood counts, cholesterol and blood sugar, and you'll receive any necessary immunizations, such as the flu or shingles vaccine.

2 YOUR PCP CAN TREAT YOUR ENTIRE FAMILY.

Family medicine physicians can see patients from birth to death. (Internists only see adults, and those specializing in geriatric medicine see patients who are 65 and older.) "I'm seeing the children of some of my

RWJUH HAMILTON PRIMARY CARE PRACTICES

HAMILTON

**RWJ Medical Associates
Primary Care Express**

3100 Quakerbridge Road, Suite 28
609.245.7430

Hamilton Internal Medicine

2055 Klockner Road
609.586.8060

RWJ Medical Associates

Lubna Ahmed, MD

17000 Whitehorse Hamilton
Square Road
609.584.1111

LAWRENCEVILLE

RWJ Medical Associates

Lawrenceville*

2999 Princeton Pike, Suite 3
609.882.9333

RWJ Medical Associates

Shankar Santhanam, MD

1950 Brunswick Pike
609.392.6366

*until December 31, 2019, when he moves to the Robbinsville office

ROBBINSVILLE

RWJ Medical Associates

Robbinsville*

17 Main Street
609.392.6366

*New practice

patients now," says Dr. Santhanam. "I know their risk factors for disease, and I'm familiar with the way they deal with illnesses. Some patients ignore a medical problem until they're hospitalized, while others will run to their doctor for the smallest problem. The fact that I know the entire family helps me provide the best care."

3 PCPs CAN PERFORM CERTAIN MEDICAL PROCEDURES.

Family medicine practitioners are trained to perform minor surgeries, such as suturing lacerations and removing skin lesions. They can also destroy warts and drain abscesses. Some physicians are trained to perform exams for women, such as Pap smears, and can place an IUD or a contraceptive implant.

Find a primary care physician near you! Visit www.rwjbh.org/hamilton.

SAFE TRAVELS!

TRAVEL MEDICINE CAN HELP YOU STAY HEALTHY—NO MATTER YOUR DESTINATION.



When you're planning a trip, your health is probably the last thing on your mind. Yet many travelers become ill—especially after returning from international destinations, such as Asia and sub-Saharan Africa. Diarrhea, respiratory illnesses, malaria, dengue and viruses are the most common diagnoses reported, according to the Centers for Disease Control and Prevention. “People are traveling to places they once never got to see,” says Francisco Javier Villota, MD, Medical Director, Occupational & Corporate Health, Travel Medicine at Robert Wood Johnson University Hospital (RWJUH) Hamilton.

DESTINATION-SPECIFIC PRECAUTIONS

RWJUH Hamilton's Travel Medicine services provide vaccinations and prescriptions and counsel travelers on how to stay healthy. Their software system offers information on disease risks in 229 countries. Travelers should take precautions based on what Dr. Villota dubs the “six Is”:

INSECTS: Mosquitoes and other

insects can spread diseases such as yellow fever and malaria. Travelers may need to carry insect repellants or take anti-malarial medications.

INGESTION: Water and food in certain locales can cause illness or indigestion.

INDISCRETIONS: Sexually transmitted diseases, such as hepatitis, are more prevalent in certain places.

INJURIES: Accidents may be more likely, especially if you're driving on unfamiliar roads with different traffic rules.

IMMERSION: Depending on where you're going, it may not be safe to swim. The water may cause certain diseases or rashes.

INSURANCE: Bring any medications you take regularly, and make sure you have insurance coverage and access to healthcare while you're away.

About 200 people use RWJUH

Hamilton's Travel Medicine services each year, says Dr. Villota. That's a steep increase from only a decade ago. He attributes the uptick to business travelers heading to places such as Asia and Africa and students studying abroad in exotic locales.

While Travel Medicine is part of RWJUH Hamilton's Occupational & Corporate Health Department, which focuses on employee health and wellness for businesses of all sizes, anyone can use the hospital's travel-related services. Travelers receive a personalized portfolio on their destination, including phone numbers for healthcare facilities in case emergency treatment is needed. “We recommend visiting one of our clinics about two months before you leave home, if possible,” says Dr. Villota. “Our goal is to keep you healthy while you travel.”

For more information about RWJUH Hamilton's Travel Medicine services, visit www.rwjbh.org/hamiltontravelmed.





Health Screenings

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

HAMILTON RWJ FITNESS & WELLNESS CENTER

3100 Quakerbridge Road, Hamilton
Cholesterol Lipid Profile/
Glucose/Blood Pressure &
Stroke Risk Assessment

**Thu., November 7,
December 12, January 9;
8:30 to 10:30 a.m.**

Eighty percent of strokes can be prevented by controlling your risk factors. Fast 12 hours prior to a simple finger stick. Fee: \$5

Orthopedic Screening: Spine

**Thu., November 14;
4 to 6 p.m.**

Meet with a neurosurgeon and physical therapist who will assess bone/joint pain, as well as your strength and range of motion. Nazer Qureshi, MD, Neurosurgery, Neuro-Oncology

Osteoporosis Screening

**Tue., November 19;
10 a.m. to Noon**

Ultrasound of the heel can help detect osteopenia and osteoporosis. Appointment and registration required.

Memory Screening

**Tue., January 21;
10 a.m. to Noon**

A Mini-Mental State Exam is a quick assessment to discern normal aging versus potential problems. Appointment and registration required.

Blood Pressure & Body Fat Screenings

**Tue., November 26, December 10, January 21;
10 a.m. to Noon**

Hypertension can lead to heart disease, stroke and kidney damage, so know your numbers. Excess body fat is a preventable risk factor for heart disease, so learn how much excess weight is safe to lose.

RWJ HAMILTON AUDIOLOGY BALANCE CENTER

2 Hamilton Health Place, Hamilton

Hearing Screening

**Wed., November 20 and
December 18;**

**9 a.m. to Noon
Thu., January 16;
9 a.m. to Noon**

Lorraine Sgarlato, AuD

Fall Prevention/Balance Screening

**Wed., November 20 and
December 18;**

**9 a.m. to Noon
Palak Mulji, PT, DPT
Thu., January 16;**

**9 a.m. to Noon
Jin Bo Jung, PT, DPT**

RWJ HAMILTON VEIN AND VASCULAR SURGERY CENTER

3525 Quakerbridge Road, Trenton

Varicose Vein & Venous Screening

**Thu., January 9;
4 to 6 p.m.**

Sto Poblete, MD
Call 609.570.2071 to register.

RUTGERS CANCER INSTITUTE OF NJ (CINJ)

2575 Klockner Road, Hamilton

**Prostate Cancer Screening
Mon., January 13;
5 p.m.**

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