

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

FALL 2018

# healthy

*together*

**FOOD  
AS MEDICINE**

**BREAST HEALTH  
FOR LIFE**

**RADIOLOGY  
GETS LATEST  
TECH**

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



# 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, at Robert Wood Johnson University Hospital Somerset, an RWJBarnabas Health facility, we’re making significant investments in the latest technologies and in modern spaces, including recent renovations to our Radiology Department, Cardiology Pavilion and Surgical Services Department, to offer patients state-of-the-art care in a private, comfortable environment, 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



**ANTHONY CAVA**  
PRESIDENT  
ROBERT WOOD JOHNSON UNIVERSITY  
HOSPITAL SOMERSET



## HEALTH NEWS

### TOP HONORS

We’re pleased to share that *U.S. News & World Report* recently recognized RWJUH Somerset as one of the top hospitals in New Jersey. We ranked 10th in the state overall and 20th in the New York Metro region. In addition, we were rated as providing the highest level of care in urology, heart failure and COPD (chronic obstructive pulmonary disease). These national distinctions are a testament to our physicians, nurses and staff, and to the care they provide every day.



RWJUH Somerset has a new Chinese Medical Program with a patient navigator, Angela Lee, who speaks fluent Cantonese, Mandarin and Toishanese dialects. Angela will help patients find medical specialists, arrange transportation, accompany patients to appointments and translate. For more information, call 908-442-9608.

### CHINESE ASSISTANCE



### Stroke Center Award

The Stroke Center at RWJUH Somerset has earned the American Heart Association/American Stroke Association’s *Get With The Guidelines Stroke Gold Plus Quality Achievement Award*, recognizing our commitment to ensuring stroke patients receive the most appropriate treatment based on the latest scientific evidence.

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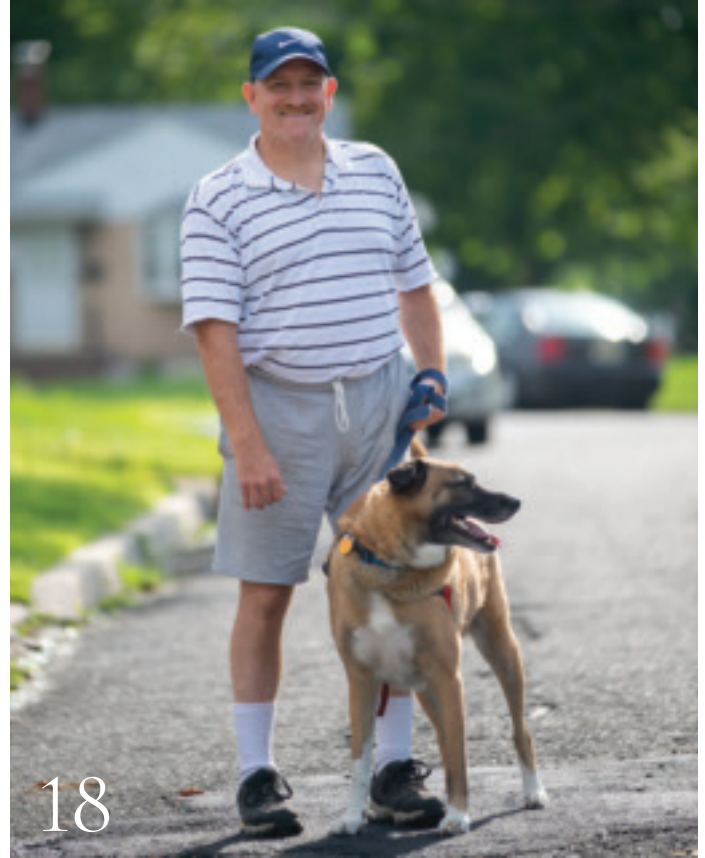
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# Breast Health FOR LIFE

**WOMEN HAVE A 1 IN 8 CHANCE OF DEVELOPING BREAST CANCER. A COMBINATION OF MEDICAL CARE AND LIFESTYLE CHANGES REDUCES RISK AND GIVES WOMEN BETTER CONTROL OF BREAST HEALTH.**

Each year, an estimated 246,660 women in the United States will be diagnosed with breast cancer. In New Jersey, the rates are slightly higher than the national average. Fortunately, survival rates continue to improve—thanks to better detection and treatment methods, coupled with easy-to-follow lifestyle strategies.

This powerful combination is in full swing every day at the Steeplechase Cancer Center at Robert Wood Johnson University Hospital Somerset, where breast specialists

For more information on breast health services at RWJUH Somerset, visit [RWJBH.ORG/SOMERSET](http://RWJBH.ORG/SOMERSET). For a physician referral, call 888-MD-RWJUH.

work hand in hand with wellness experts. Through an integrated team approach, the Sanofi US Breast Care Program educates and empowers women, teaching lifestyle strategies that help prevent cancer and using the latest medical and surgical approaches to treat it if it does occur.

## FOCUS ON PREVENTION

Studies have shown that nutrition, exercise and weight control can reduce a

woman's chances of getting breast cancer. Breast surgeon Deborah Lue, MD, with RWJ Physician Enterprise's Steeplechase Breast Specialists, is an advocate for healthy living who frequently lectures about wellness and cancer and champions the Seven Pillars of Prevention and Early Detection (see sidebar).

Registered Dietitian Karen Connelly collaborates with Dr. Lue when the duo educates women about healthy living. Connelly provides medical nutrition therapy to inpatient breast cancer patients and also sees outpatients at the Steeplechase Cancer Center.

"Cancer has touched my own family," says Connelly, who is certified in oncology nutrition. "Good nutrition can make a huge difference to quality of life. It can help prevent cancer from happening or recurring and can reduce side effects for people going through radiation or chemotherapy, keeping them stronger during treatment."

## ONE HEART. MANY HANDS

The Sanofi US Breast Care Program includes a multidisciplinary team of medical oncologists, surgical oncologists, radiation oncologists, radiologists, pathologists, medical physicists, plastic surgeons, radiation therapists, certified oncology nurses, nutritionists, genetic



**DEBORAH LUE, MD**

counselors, nurse navigators and pharmacists. Support specialists from social work and psychology, pastoral care, rehabilitation and complementary therapies bring an added dimension.

One of the few programs in New Jersey to achieve full recognition from the National Accreditation Program for Breast Centers, it is also recognized as a Breast Imaging Center of Excellence by the American College of Radiology. Together with the Rutgers Cancer Institute of New Jersey, the Steeplechase Cancer Center offers patients the opportunity to take part in the latest clinical trials, including those for breast cancer.

"Our doctors and staff are focused on each patient as an individual," says Dr. Lue. "We're dedicated to the best possible outcome and do everything in our power to make it happen. Because not one approach fits every woman, we tailor services to meet each person's needs—from prevention education to regular screenings all the way through diagnosis, targeted treatment and into survivorship."

RWJBarnabas Health and RWJUH Somerset, 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.



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## PREVENTION TIPS

Protect yourself from breast cancer by following these Seven Pillars of Prevention and Early Detection from breast surgeon Deborah Lue, MD:

1. Have an annual mammogram
2. Know your family cancer history
3. Eat a plant-based diet, whole grains and healthy fats
4. Exercise regularly (both aerobic and resistance training)
5. Maintain a healthy weight (body mass index below 25)
6. Don't smoke
7. Limit or avoid alcohol consumption

### 3D MAMMOGRAPHY

3D mammography is an FDA-approved advanced technology that takes multiple X-rays to recreate a 3D picture of the breast. 3D mammography makes it easier to detect small cancers, is effective for dense breasts and lowers the chance that retesting will be required.

Benefits of 3D mammography at the Steeplechase Cancer Center:

- Board-certified radiologists fellowship-trained in breast imaging
- No prescription needed for screening mammography
- Convenient hours: Monday and Friday, 8 a.m. to 4 p.m.; Tuesday, Wednesday and Thursday, 8 a.m. to 6 p.m.; Saturday, 8 a.m. to 3:30 p.m.
- Results are read promptly by board-certified radiologists



# Renovations Put PATIENTS FIRST

**A CUSTOMIZED RADIOLOGY DEPARTMENT MEETS INPATIENT AND OUTPATIENT NEEDS WITH NEW TECHNOLOGY AND MORE COMFORTABLE PATIENT SPACES.**

Patients visiting the recently renovated Radiology Department at Robert Wood Johnson University Hospital Somerset will find a comfortable and inviting new space, complete with the very latest in patient-friendly, next-generation technology.

“We’ve installed a brand-new General Electric wide-bore MRI unit,” says radiologist Eric Lazar, MD, Chair, Radiology Department. “This unit is great for folks who are claustrophobic and for

larger patients. The new unit has a spacious opening so we can take all comers. It also has metal-correction software allowing us to better serve people who have orthopedic metal implants, which can cause imaging distortions in a typical MRI machine.”

Other new technology includes a Single Photon Emission Computed Tomography (SPECT) scan for localizing bone lesions and a Positron Emission Tomography (PET/CT) scan for oncology patients.



WE'VE MODERNIZED OUR PHYSICAL PLANT AND CREATED A SEPARATE UNIQUE IMAGING EXPERIENCE FOR OUR INPATIENTS AND OUTPATIENTS."

**ERIC LAZAR, MD, CHAIR, RADIOLOGY DEPARTMENT**

### MORE SPACE FOR PATIENTS

The Radiology Department has moved completely to digital imaging over the years, eliminating the need for storing hard-copy films. This digital transformation has increased connectivity at RWJUH Somerset and freed up physical space.

"We reclaimed a large storage room and repurposed it for patient use as part of our department's renovation," explains Dr. Lazar.

He says that the extensive makeover has fulfilled two goals: "We've modernized our physical plant and created separate, unique imaging experiences for our inpatients and outpatients."

The separated areas provide hospitalized patients the privacy they need, while at the same time creating the look and feel people have come to expect from freestanding imaging centers.

### NEW OUTPATIENT FOCUS

The modern, airy space, decorated in a soothing blue shade with teak furnishings, roomy chairs and flat-screen TVs, offers greater handicap accessibility. "The renovated outpatient area provides a more comfortable and relaxing experience for patients," says Paulette Duckrey, Radiology Department director. Additional spaces include locations where patients can comfortably change into gowns prior to exams, as well as new areas where they can consult privately with radiologists.

Duckrey says the addition of a registration desk within the waiting area is another significant improvement. Previously, patients registered in the lobby and traveled down the hall to Radiology. "It's one-stop shopping now with patient scheduling and imaging done in the same

area," says Duckrey, noting that same-day appointment scheduling is readily available.

### SUB-SPECIALTY RADIOLOGISTS

"Our medical center is staffed by a large radiology group that focuses on sub-specialization," says Dr. Lazar. "This means our patients' images are directed to radiologists with advanced training in the area of clinical concern. Patients are cared for here by many of the best radiologists and technologists in the state."

To learn more and take a virtual tour of RWJUH Somerset's Radiology Department, visit [RWJBH.ORG/SOMERSET](http://RWJBH.ORG/SOMERSET).



Opposite page: The larger opening of the new GE Optima MRI improves patient comfort. Above left: The convenient reception area. Above right: The new GE Optima CT Scanner offers the highest quality images with little radiation.

LAURA MICEK-GALINAT, MD,  
family medicine physician  
and certified culinary  
medicine specialist



# COOKING UP HEALTH

**LAURA MICEK-GALINAT, MD, TEACHES NUTRITION AND GOOD COOKING HABITS TO HELP PATIENTS RESTORE AND MAINTAIN HEALTH.**

**W**hile garlic adds unbeatable flavor to a marinara sauce, it also packs a powerful health punch. This superfood, a trusted remedy through the ages, has been linked to a stronger immune system and a reduced risk of diseases. But, did you know that how you handle garlic impacts its nutritional power?

“Smash the bulb and set it aside for 10 minutes before peeling, dicing or cooking. It releases healthy compounds that have

great anti-cancer properties,” says Laura Micek-Galinat, MD, a board-certified family medicine physician who completed a fellowship in integrative medicine under Andrew Weil, MD.

Dr. Micek-Galinat also is certified in culinary medicine, a new evidence-based field that blends the art of cooking with the science of medicine. She uses her unique training to empower patients, offering easy-to-use lifestyle tips that move

## MAKE IT A LIFESTYLE

Fad diets, like extra pounds, come and go. To see real health benefits, Dr. Micek-Galinat says dietary improvements must be part of an overall lifestyle change. She offers these steps to a happier, healthier life:

- Drink lots of water
- Get a good night's sleep
- Practice stress management
- Follow a healthy diet
- Don't forget to laugh
- Be physically active
- Build social connections

medicine from the doctor's office into the kitchen.

## FOOD AS MEDICINE

“I've always been fascinated by the medicinal properties of food,” says Dr. Micek-Galinat. “The anti-inflammatory diet, which combines the healthiest parts of the Mediterranean and Asian diets, is rich in fruits and vegetables, whole grains, healthy fats and fish. It also incorporates a variety of spices.”

Turmeric and black pepper, for example, offer proven health benefits separately. When mixed together, they're even stronger—improving cognition, alleviating pain—even working to prevent cancer.

## REAL FOODS ARE THE BEST FOODS

The typical western diet—high in saturated and trans fats, processed meat, sugar and salt—promotes widespread inflammation in the body.

“Don't eat food out of a box,” encourages Dr. Micek-Galinat. “Eat real foods that your great-grandmother would've prepared.”

Dr. Micek-Galinat provides one-on-one consultations tailored to individual health needs and goals. To make an appointment for a culinary medicine and integrative health consultation, call 908-685-2900.



# 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



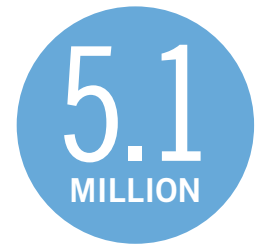
To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



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.

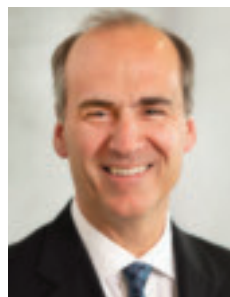
When many hearts and minds work with one purpose, healthcare can be transformed.

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.





The \$500,000 donation will be used to enhance facilities and improve access to care.



## FAR HILLS RACE MEETING BEHAVIORAL HEALTH UNIT



For more information about ways to support RWJUH Somerset, contact Somerset Health Care Foundation at 908-685-2885.

# A GIFT FOR BEHAVIORAL HEALTH SERVICES

**FOLLOWING A GENEROUS DONATION, THE BEHAVIORAL HEALTH UNIT IS NAMED AFTER FAR HILLS RACE MEETING, A LONGTIME BENEFACTOR.**

Robert Wood Johnson University Hospital Somerset has received a \$500,000 donation from the Far Hills Race Meeting Association for behavioral health services. In recognition of the generous donation, which will improve facilities and access to care, RWJUH Somerset has dedicated The Far Hills Race Meeting Behavioral Health Unit in honor of the association, a longtime benefactor.

The donation, made through Somerset Health Care Foundation, the hospital's fundraising arm, will enable RWJUH Somerset to enhance its inpatient behavioral health services, partial hospitalization/intensive outpatient behavioral health services and crisis center, which sees more than 200 patients each

month. The hospital plans to add 12 beds to its existing 16-bed inpatient treatment unit, which was renovated in 2017.

### PROVIDING SAFETY AND SUPPORT

"Mental illness is a critical public health issue, making it imperative to fund and support services so those in our local community can get the proper care they need," says Ron Kennedy, Chairman, Far Hills Race Meeting Association. "The Far Hills Race Meeting Association recognizes the strong need to enhance behavioral health services at RWJUH Somerset to provide a safe and supportive healing environment where patients, from all walks of life—all economic, racial, ethnic and

religious backgrounds—can understand their illness, build on existing strength and develop new coping skills."

For patients with psychiatric, emotional and behavioral disorders, RWJUH Somerset Behavioral Health Services offers a range of assistance—from inpatient care for those in acute stages of psychiatric illness to intensive outpatient treatment that emphasizes education, counseling and peer support.

The hospital-based program provides careful assessment of an individual, both psychologically and physically. It includes evaluation by a team of experts—psychiatrists, licensed therapists, nurses and psychiatric advance-practice nurses—who provide crisis stabilization and intensive treatment with the goal of transfer to a lower level of care.

"Life presents us with an array of challenges and stressors—and most people, at one time or another, may need some assistance in dealing with them," says Jaspreet Uppal, MD, Medical Director of RWJUH Somerset Behavioral Health Services. "We understand that mental health is just as important as physical health. Through our comprehensive program, we provide a full continuum of care to promote personal growth and mental health wellness."

For more information about Behavioral Health Services and the Far Hills Race Meeting Association Behavioral Health Unit at RWJUH Somerset, please visit: [rwjbh.org/behavioralhealthsomerset](http://rwjbh.org/behavioralhealthsomerset) or call 800-300-0628.

# NEW HIPS BRING A NEW LEASE ON LIFE

**AN INNOVATIVE APPROACH TO HIP REPLACEMENT RESULTS IN LESS PAIN AND A QUICKER RECOVERY.**

David Solomon of Edison had always loved his three-mile walks with his dog, Rico, by his side. Along with the 60-year-old IT professional's commute to New York City, those treks were part of his daily routine. But in 2016, David was diagnosed with bone-on-bone arthritis in his hips. "I started using a cane when I walked the dog," he says. His mobility grew worse. Climbing the stairs at Penn Station became increasingly difficult and donning socks and shoes required adaptive devices.

Realizing that anti-inflammatory drugs and corticosteroid injections weren't enough, David began researching total hip replacement—a surgical procedure in which the head of the femur (thighbone) and its socket are replaced. More than 340,000 people get a "new hip" in the United States each year, a number that's expected to grow to 500,000 by 2030, according to the American Association of Hip and Knee Surgeons.

## ANTERIOR APPROACH

David learned that advancements in long-lasting materials and minimally invasive techniques have made hip replacement surgery a viable option for patients at increasingly younger ages. "There's no reason to wait," says Stephen Kayiaros, MD, an orthopedic surgeon with the Joint Surgery Program at Robert Wood Johnson University Hospital Somerset.

"Advancements in implant technology have improved longevity, and the anterior approach makes the recovery quick these days," he continues. "People want to get back to work, sports and activities without a lot of downtime. My patients are on their feet within a day." Part of an elite group of orthopedic surgeons nationwide who are trained in anterior hip replacement surgery, Dr. Kayiaros performs more



After having both hips replaced using the anterior approach, David Solomon is back taking long walks with his dog, Rico.

For more information about Robert Wood Johnson University Hospital Somerset's Joint Surgery Program, visit [rwjbh.org/somerset](http://rwjbh.org/somerset). For a referral to an orthopedic surgeon, call 888-MD-RWJUH.

## WHY THE ANTERIOR APPROACH?

Clinical studies\* reveal the benefits of anterior hip replacement over traditional methods:



Reduced hospital stay



Smaller incision



Less pain



No range of motion restrictions



Less time using cane or walker



Quicker rehabilitation



Lower rate of dislocation

\*Zawadsky MW, Paulus MC, Murray PJ, Johansen MA. "Early Outcome Comparison Between the Direct Anterior Approach and the Mini-Incision Posterior Approach for Primary Total Hip Arthroplasty: 150 Consecutive Cases." *J Arthroplasty*. 2014 Jun;29(6):1256-60.

than 250 of the procedures each year.

"The hip joint is deep and covered by layers of muscle," he explains. "Traditional back (posterior) or side (lateral) approaches involve cutting muscles and detaching tendons and ligaments. The anterior approach allows me to go between muscles without cutting them—through one small incision in the front (anterior) of the hip." Because the gluteal muscles that attach to the pelvis and femur are undisturbed, they don't require a healing process.

At RWJUH Somerset, which has earned the Joint Commission's Gold Seal of Approval for total hip and total knee replacement surgery, the orthopedic operating suite is equipped with a HANA surgical table, a high-tech operating table used exclusively for anterior hip replacements. "The table allows me to look at the hip and pelvis in an anatomic position," says Dr. Kayiaros, who uses X-ray guidance to ensure precise positioning. He completes the procedure in about an hour.

### TWO AT ONCE

David was heartened when he discovered that Dr. Kayiaros was skilled in the anterior approach and that the procedure could be done close to home at RWJUH Somerset. Dr. Kayiaros scheduled David for a bilateral (double) hip replacement in April 2018.

David felt ready for surgery following preadmission testing and a joint-education class at the Joint Surgery Program led by a registered nurse who serves as the hospital's joint-care coordinator. "I received a binder filled with everything I needed to know for my hospital stay and return home," he says. David also toured the John and Mary Obzansky Pavilion, a 35-bed unit specializing in orthopedic surgery that features large, private patient rooms.

Surgery went smoothly and David was up and pushing a walker accompanied by a physical therapist within hours. He was discharged the next day after meeting PT and nursing criteria. "The goal was to walk 300 feet and I managed 600," says David. Home nursing and PT services were arranged for the first week. "My PT arrived bright and early and we got right to work," he recalls.

David met his personal goal and was back in his office by Memorial Day. "I walk up steps easily now, without looking at my feet. I'm completely mobile and have no restrictions." Best of all, dog walks are longer, faster and enjoyable again.



STEPHEN KAYIAROS, MD

Watch Dr. Kayiaros discuss the anterior surgical approach to hip replacement: [rwjbh.org/somersethipsurgery](http://rwjbh.org/somersethipsurgery).



# CUSTOM CARE FOR LGBTQIA PATIENTS

**PROUD FAMILY HEALTH IS THE FIRST HOSPITAL-AFFILIATED CENTER IN NEW JERSEY TO OFFER SPECIALIZED PRIMARY CARE SERVICES FOR THE LGBTQIA COMMUNITY.**

Jesiah Kinsey's gender transition has been a life-changing experience. It's also been a long and complicated journey for the Franklin Park resident who began hormone therapy in 2016. Because there were no health centers nearby in New Jersey that catered to the needs of transgender patients, Jesiah traveled by subway to a New York City center that did.

He was excited when the PROUD Family Health center opened one year later at Robert Wood Johnson University Hospital Somerset in Somerville, just 15 minutes from his home. "I'm 30 years old and hadn't had a primary care doctor since my pediatrician," admits Jesiah. He made an appointment with Lalitha Hansch, MD, a board-certified family medicine physician and the medical director of PROUD Family Health.

## **PRONOUNS MATTER**

"I felt right at home the minute I walked through the door," says Jesiah, recalling a sense of relief when he saw the rainbow flag hanging above the front desk. "The

To learn more or to schedule an appointment with PROUD Family Health, call 855-PROUD-FH (855-776-8334).



On a tour of the PROUD Family Health Center, L to R: Michellene Davis, Executive VP and Chief External Affairs Officer, RWJBarnabas Health; Trina Parks, Senior VP and Corporate Chief Diversity and Inclusion Officer, RWJBarnabas Health; Salvatore Moffa, MD, Chief Medical Officer, RWJUH Somerset; Aaron Potenza, Director of Programs, Garden State Equality; Shereef Ehnahal, MD, MBA, New Jersey Commissioner of Health; Tony Cava, President, RWJUH Somerset; Somerville Mayor Ellen Brain; Assemblyman Andrew Zwicker; Jackie Cornell, Principal Deputy Commissioner of Public Health Services.

## PROUD FAMILY HEALTH SERVICES

- Primary medical care for children and adults
- Hormone therapy and monitoring
- HIV care
- Referrals for specialty services
- Health education and counseling
- Monthly support group for family members of transgender individuals

whole staff—from the receptionists to the nurses and doctors—were so welcoming.”

Jesiah bonded with Dr. Hansch and felt the same level of comfort and safety with her as he had with his former pediatrician. “Dr. Hansch is the right doctor to manage my care. She’s warm and attentive and cares for me as a regular person and not as a trans person. That’s everyone’s right: to be treated as the he or she that they are. Some doctors haven’t been educated and they don’t know how to approach patients like me.”

Whether the action is outright, such as a provider refusing treatment, or a subtler level of discomfort in a waiting room, health care disparities exist for LGBTQIA (lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual or allied) individuals. Existing protections such as the Affordable Care Act, which

prohibits health care providers and insurance companies from engaging in discrimination, are often not enough. Jesiah, who is several years through his transition and can now “pass”



LALITHA HANSCH, MD

as a male, remembers early days when he was often “misgendered,” or mistaken as a female in medical settings.

### THE PROUD DIFFERENCE

RWJUH Somerset, which has been honored as a Leader in LGBT Healthcare Equality by The Human Rights Campaign, is dedicated to improving the lives of LGBTQIA patients and their families. In January 2017, PROUD Family Health opened within RWJUH Somerset’s Family Practice. Services include primary and preventive medical care for children and adults, hormone therapy and monitoring, HIV care, health education, counseling, support groups and referrals for specialty services such as endocrinology or surgery.

The PROUD medical team includes Dr. Hansch and family medicine physician Ian Martinez, MD, as well as nurse practitioner Melissa Rivers-Richardson, DNP, RN, FNP-BC. An OB/GYN physician and a psychiatrist also see patients at the practice. Structured as a mini multi-specialty center, PROUD has its own phlebotomist to draw blood samples, as well as X-ray and mammography machines on-site.

### CONVENIENT CARE

The center’s location on the RWJUH Somerset campus gives patients easy access to hospital services such as

emergency, radiology, cardiology, oncology, rehabilitation and an on-site Walgreens pharmacy. “Our center’s staff as well as our inpatient residents in family medicine have all been medically trained in how to safely manage care for the LGBT population. Staff throughout the hospital have also received sensitivity training,” says Dr. Hansch.

During Pride Month in June, New Jersey Commissioner of Health Shereef Elnahal toured PROUD Family Health and said, “I learned a lot from patients and staff about the importance of delivering unbiased, compassionate and clinically appropriate services to the gay, lesbian, bisexual and transgender communities. For far too long, LGBT health—especially the unique health-care needs of our transgender residents—has been an afterthought in the health care community.”

Tony Cava, president of RWJUH Somerset, has announced the center’s plans to expand with a dedicated office suite and additional services to meet patient needs. “We’re excited to grow our program,” he says, “and continue to lead the way in LGBTQIA health care in New Jersey.”



# Community Education

To register, call **888-MD-RWJUH** or visit [rwjbh.org/somerset](http://rwjbh.org/somerset). Unless otherwise noted, events are FREE and registration is required. For fee-based events, cancellations within two weeks of the program are non-refundable under any circumstances. A medical release form is required for any exercise program.

## Tai Chi

Learn easy, low-impact movements to improve balance, flexibility and strength and to reduce stress. *Don Madson, Certified Tai Chi Instructor*

8-week course begins:  
**Thursday, November 1**  
**10 to 11 a.m.**

**Steeplechase Cancer Center, \$30**

## Aquacize

Enjoy this water exercise program that soothes arthritis pain, strengthens joints and improves range of motion and lung capacity. A medical release form is required. *Ellen Helman, Certified Water Fitness Instructor*

7-week courses begin:  
**Monday, November 5, and**  
**Wednesday, November 7**  
**10:30 to 11:15 a.m.**  
**Somerville YMCA, \$40**

## Chair Yoga for Seniors

Learn this ancient fitness routine that builds flexibility and strength and relieves pain associated with arthritis, carpal tunnel syndrome, migraines and back and neck strain. *Chanchal Arora, Certified Yoga Instructor*

7-week course begins:  
**Tuesday, November 6**  
**10:30 to 11:30 a.m.**  
**Congregational Church of Bound Brook, \$42**

## HealthHike Walking Program: Diabetes

Discover risk factors, causes, the difference between type 1 and type 2 diabetes, and strategies to prevent the disease from developing. *Welda Joseph, RN, MSN, APN, Diabetes Center Nurse Educator*

**Wednesday, November 7**  
**10 to 11 a.m.**  
**AMC Theatres at Bridgewater Commons Mall**

## AARP Driver Safety Program

Includes light breakfast and lunch.

**Tuesday, November 13**  
**8:30 a.m. to 3 p.m.**

**Avalon at Bridgewater, \$24 for non-members and \$20 for members**

## Fuming Over Smokeless Tobacco Products: Quit While You're Ahead

Join us for this free webinar offered in collaboration with Friends' Health Connection. Understand how smoking and smokeless tobacco impact overall health, the impact of secondhand smoke on lungs, the importance of a lung-cancer screening for early detection, plus strategies to quit tobacco products.

*Chris Kotsen, PsyD, CTTS, Program Manager, Tobacco Quitcenter*

**Friday, November 16**  
**12 to 12:30 p.m.**

**To register for the webinar, go to**  
**<https://tinyurl.com/y82gcucr>**

## Aerobics for the Mind: Alzheimer's 101

Learn about memory loss, Alzheimer's disease and other forms of dementia. Information about risk factors and warning signs, steps to obtaining a diagnosis and treatment options are discussed. Planning for the future, coping with behavioral and other changes, and accessing community resources are also reviewed. Staff will lead memory-strengthening activities. Breakfast will be served.

*Mary Anne Ross, Program and Services Coordinator*

**Tuesday, November 27**  
**10 a.m. to 12:30 p.m.**  
**Somerville Elks, \$10**

## HealthHike Walking Program: When Stress Gets on Your Nerves, Turn Tension into Tranquility

Recognize the difference between stress, anxiety and post-traumatic stress disorder (PTSD); causes of stress; signs and symptoms, such as headaches and teeth grinding; correlation to sleep problems, heart attacks and depression; diagnosis and treatments. Participants will practice relaxation techniques, such as deep breathing and yoga.

*Jaspreet S. Uppal, MD, Psychiatrist*  
*Chanchal Arora, Certified Yoga Instructor*

**Wednesday, December 5**  
**10 to 11 a.m.**

**AMC Theatres at Bridgewater Commons Mall**

## Fit Body, Fit Bones

Learn weight-bearing exercises to strengthen muscles and bones, improve balance and reduce the risk of fractures from osteoporosis. Peer leaders assist weekly in class instruction. A medical release is required to participate.

*Valerie Hammond, Group Fitness Instructor*

**Every Friday beginning**  
**December 7**

**Steeplechase Cancer Center,**  
**10:15 to 11:15 a.m. and**  
**11:30 a.m. to 12:30 p.m.**  
**\$45 per quarter**

## Grant Yourself Immunity: Enhance the Immune System to Ward Off Illness

Join us for this free webinar in collaboration with Friends' Health Connection. 'Tis the season for colds and flu. Learn how individuals become sick, the importance of hand hygiene and flu vaccination, and other prevention strategies. Discover foods and vitamins that support the immune system and help ward off illness.

*Sharon Parrillo, BSN, RN, CIC, Assistant Director of Infection Prevention; Tia Hagins, RD, Community Nutritionist*

**Tuesday, December 18**  
**12 to 12:30 p.m.**

**To register for the webinar,**  
**go to <https://tinyurl.com/y8ugc3mg>**



## GET HIP TO ANTERIOR REPLACEMENTS

Understand conditions that affect the hip joints, causes of hip damage, treatments and when to consider a hip replacement. Learn about a new minimally invasive surgical approach called anterior hip replacement, the difference between total and anterior replacement surgeries, the advantages of this new procedure and post-operative care. A light lunch will be provided.

*Stephen Kayiaros, MD, Orthopedic Surgeon*  
**Thursday, November 15; 12:30 to 2 p.m.**  
**Steeplechase Cancer Center**

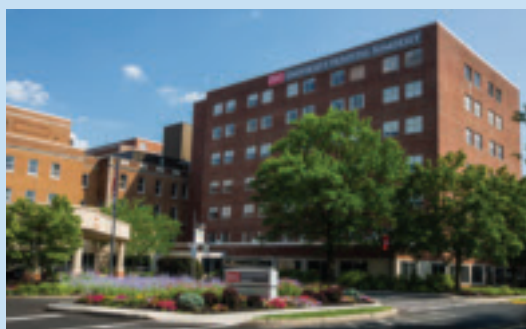


**THE NEW IMAGE OF RADIOLOGY:  
STATE-OF-THE-ART TECHNOLOGY  
MAKING LASTING IMPRESSIONS**

Discover the various radiologic tools used to diagnose medical conditions, including MRI, PET and X-ray; the specific use of each; the technological enhancements in radiology, including low-dose radiation and the new wide-bore MRI (offers larger interior, ability to view movies and more); and the health benefits to patients. Participants will enjoy a light dinner and a tour of the newly renovated Radiology Department.

*Roger Yang, MD, radiologist*

**Tuesday, December 11; 6:30 to 8:30 p.m.  
Fuld Auditorium**



**ANNUAL  
COMMUNITY  
MEETING**

Join us for our Annual Community Meeting to discuss Robert Wood Johnson University Hospital Somerset's recent achievements and future plans to enhance health-care services for you and your family. Tony Cava, President, Robert Wood Johnson University Hospital Somerset, and representatives from the hospital's Executive Team and Board of Trustees will be available to answer your questions. Staff from departments throughout the hospital will also provide information about our services, health-education materials and giveaways. Light refreshments will be available. Pre-registration is required by calling 908-685-2525.

**Wednesday, December 5; 6 to 7 p.m.,  
Fuld Auditorium**

**Bariatric  
Programs**

**BARIATRIC SUPPORT  
GROUP**

For anyone considering bariatric surgery, pre-op and post-op.  
**Tuesday, November 27  
6:30 – 7:30 p.m.**  
Family Practice Conference Room

**WEIGHT-LOSS  
SURGERY SEMINAR**

Have you been unsuccessful at keeping excess weight off? Weight-loss surgery may be the right choice for you. But how do you know if you qualify and which procedure is your best option? Join bariatric surgeons at RWJUH Somerset for free seminars to learn about your weight-loss surgery options, including detailed information about gastric banding, gastric sleeve and gastric bypass.  
**Steeplechase Cancer Center:**  
• **Tuesday, November 20 (Glenn Forrester, MD) 6:30 to 8 p.m.**  
• **Tuesday, January 15 (Glenn Forrester, MD) 6:30 to 8 p.m.**



**Ongoing  
Programs**

**SUPPORT  
GROUPS**

Robert Wood Johnson University Hospital Somerset offers a variety of support groups, including groups for individuals and families coping with Alzheimer's, stroke, diabetes, COPD and eating disorders. For more information, call 908-685-2814 or visit [rwjbh.org/somerset](http://rwjbh.org/somerset).

**CPR AND FIRST  
AID CLASSES**

To see a list of classes and to register, please visit our website at [rwjbh.org/cpr](http://rwjbh.org/cpr). For more information, call 908-685-2970.

**DIABETES &  
OSTEOPOROSIS  
EXERCISE  
PROGRAMS**

Call 908-203-5972 or visit [somersetsportsperformance.com](http://somersetsportsperformance.com) for more information or to register.



**Community  
Health Screenings**



**GLUCOSE AND BLOOD PRESSURE  
SCREENINGS**

A registered nurse and dietitian will be available to answer questions about diabetes management and meal planning.  
**Wednesday, November 14, 9 to 11 a.m.**  
**RWJUH Somerset, Tarantino Promenade**  
Free. No pre-registration required. Fasting is not required.

# A bowl of broccoli is not dinner. It's a medical condition.

She has an eating disorder called anorexia nervosa. It's a serious medical condition and a psychological issue that may be a coping mechanism for other problems—so get her the specialized help she needs. We're Robert Wood Johnson University Hospital Somerset, one of only two inpatient eating disorder programs in New Jersey. With more than 30 years' experience, our team of physicians, dieticians, nutritionists and psychologists are there to address and teach strategies that will help those you love help themselves. Even those as young as 14. To set up an evaluation and learn more call, **800-300-0628**, or visit [rwjbh.org/eatingdisorders](http://rwjbh.org/eatingdisorders)

