

BARNABAS

TODAY

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Dear Friends,

Barnabas Health and its facilities – including Clara Maass Medical Center – are committed to your health and well being. We are always available to help you and your family should you need our health care services, but we are also here to help you stay healthy. To help you maintain your health and wellness, Clara Maass Medical Center provides numerous educational programs, lectures and health screenings, free of charge. We are available at community events, including local health fairs, health departments, senior communities, and even local supermarkets. Please see our Community Health Program calendar inside this issue of Barnabas Today for upcoming programs.

Clara Maass Medical Center also hosts seminars to inform you about preventing chronic illnesses, including cancer and diabetes; and staying healthy by learning how to prevent injuries and vision loss and how to manage stress.

It is our hope that our local residents and neighbors stay informed about good health and good health choices with the help of Clara Maass Medical Center, rather than reaching out to us only in times of illness or emergency. We encourage you to take an active role in your health and wellness, Clara Maass Medical Center is here to give you and your loved ones information, education and an opportunity to create a brighter, healthier future.

In this issue of Barnabas Today, you will find information on cancer support services, cardiac rehabilitation, robot-assisted surgery, weight loss and fertility. If you have any questions about any of the articles included in our publication or would like a referral to one of the Medical Center’s 700 physicians, please call the Barnabas HealthLink at 1.888.724.7123.

Cordially,

Barry H. Ostrowsky
President and Chief Executive Officer
Barnabas Health



Mary Ellen Clyne, Ph.D.
President and Chief Executive Officer
Clara Maass Medical Center



**Clara Maass
Medical Center**

One Clara Maass Drive
Belleville, NJ 07109
973.450.2000



**Newark Beth Israel
Medical Center
and Children’s Hospital
of New Jersey**

201 Lyons Avenue
Newark, NJ 07112
973.926.7000



Essex County

**Saint Barnabas
Medical Center**

94 Old Short Hills Road
Livingston, NJ 07039
973.322.5000



**Barnabas Health
Ambulatory Care Center**

200 South Orange Avenue
Livingston, NJ 07039
973.322.7000





ROBOTIC SURGERY OFFERS PATIENTS QUICKER RECOVERY, SHORTER HOSPITAL STAY

From Left to Right: Michael J. Straker, M.D., Robert Brautigan, M.D., Jennifer A. Graf, D.O., Decca Mohammed, M.D., Edwin Amirata, M.D.

Whether it's a gynecological, urological, or general surgery procedure – patients at Clara Maass Medical Center can now take advantage of a new minimally-invasive surgical option thanks to the Medical Center's new robotic surgery system. Clara Maass Medical Center utilizes the daVinci Si, which is the latest version of the advanced robotics surgery system.

Decca Mohammed, M.D., an OB-GYN, has performed over 100 robot-assisted surgeries and completed the first surgery at Clara Maass Medical Center using the daVinci robot. "It's incredible," she said. "The visual is far superior compared to the traditional laparoscopic and even the naked eye."

The daVinci Si robot, is made up of two major components. It has a console feature the surgeons use to operate the robot and a patient side cart with four features – three robotic arms with micro-instruments, and a fourth arm with a high-definition magnifying camera that projects images in both HD and 3D. The micro-instruments, which have 360-degree rotation, precisely mimic the movements of the surgeon's hands.

"My patients resume their daily functions a lot quicker, often going back to work within three weeks of surgery."

"The wristed instruments enable me to perform more complex gynecological procedures and allow me to offer this minimally-invasive approach to more patients," said Dr. Mohammed. The surgeries are projected on a large screen that magnifies images to three times their normal size. In addition, surgeons are seated at an ergonomically-designed console, which gives them physical support during the surgeries.

Surgeons can perform a variety of procedures with the aid of the daVinci surgical robot, including gynecological, urological, and nephrological surgeries, to name a few. The surgeries are performed in a less invasive manner. The incisions are very small, which helps reduce the risk of infection and the amount of bleeding, and allows patients a quicker recovery time and shorter hospital stay.

"My patients resume their daily functions a lot quicker, often going back to work within three weeks of surgery," said Dr. Mohammed. She added that the daVinci robot offers patients an alternative to open and traditional laparoscopic surgical methods and the demand for the robotic-assisted, minimally-invasive surgeries is growing.

"Patients are definitely coming into our offices and hospitals and asking for minimally-invasive (surgery)," said Dr. Mohammed. "They see it on television, it is known nationally. It is definitely growing in popularity."

Clara Maass Medical Center has a number of robot-certified surgeons and the number of robotic surgeries is growing each month. For more information on robotic surgery or to schedule an appointment, call: **1.888.724.7123**

NEW CANCER CENTER OPENS OFFERING COMPREHENSIVE TREATMENT IN ONE CONVENIENT LOCATION

Spa-like setting offers families and patients a nurturing environment.



The new Cancer Center at Clara Maass Medical Center features gleaming patient examination rooms, a large conference room, a spa-like, serene lobby area, and even a boutique where patients can try on wigs in comfort and privacy.

“Patients can now come to this calming environment and get help for all aspects of their treatment – whether it’s seeing their doctor, setting up appointments for chemotherapy, attending a support group, talking to a therapist or buying a wig,” said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. “Our patient navigators will help them manage their health care – connecting them with expert medical resources and making sure they understand their treatment, each step of the way.”

The Cancer Center opened in early January at a celebration that included medical and support staff from Clara Maass Medical Center, Barnabas Health corporate executives, local and state elected officials and cancer survivors.

President Clyne, accompanied by James M. Orsini, M.D., Medical Director of the Cancer Center, cut the ceremonial ribbon in front of more than 100 guests.

Dr. Orsini called the opening of the Cancer Center a “dream come true.” He said, “We not only provide the latest in innovative care and research to our patients, but now patients and their families will have the ability, through our cancer navigators, to address treatment, research, genetics and lifestyle, and help them choose the right doctor on their path to cure.”

Among its many amenities, the Cancer Center features a reception area with a fireplace, flat-screen television and comfortable club chairs, all designed in soothing earth tones. In addition, the patient consultation rooms each contain computers so medical professionals have access to patient health information right at their fingertips.



Another feature is the Cancer Center's boutique. There, patients can meet with experts to get fitted for a wig or prosthetic in a private and comfortable parlor-like setting. The Cancer Center hosts a conference room for support groups that also doubles as a patient resource center, with access to the Internet and racks of printed materials about cancer care and services.

Patients at the Cancer Center at Clara Maass Medical Center can also take advantage of additional services – including support groups, palliative care, psychological counseling, nutritional counseling, and referrals for alternative treatments.

The Center also offers acupuncture, massage, Reiki therapy and support group meetings.

“For the first time ever, cancer patients will be able to receive the comprehensive treatments they need at one location. The Cancer Center is conveniently located on the Clara Maass Medical Center campus and patients will be treated without having to leave the building, thus easing the stress on them and their families during what can be a very difficult time,” said President Clyne.



To reach the Cancer Center at Clara Maass Medical Center, call: **973.844.4150**

Physician Specialties

- ▶ **Clinical Psychology**
- ▶ **Fertility Preservation**
- ▶ **General Surgery**
- ▶ **Gynecological Oncology**
- ▶ **Hematology/Medical Oncology**
- ▶ **Pain Management**
- ▶ **Plastic Surgery**
- ▶ **Pulmonary Medicine**
- ▶ **Spine Care**

Support Services

- ▶ **Acupuncture**
- ▶ **Alternative Treatment Referrals**
- ▶ **Boutique**
- ▶ **Genetic Counseling**
- ▶ **Look Good, Feel Better Program**
- ▶ **Nutrition Counseling**
- ▶ **Palliative Care**
- ▶ **Patient Navigation**
- ▶ **Vitamin Program**



Obesity Can Affect Women's Fertility

Weight Loss Institute at CMMC Can Offer Solutions for Starting a Family

Obese women can face a host of health problems – from diabetes to joint pain – but not all women realize that excess weight can also affect their fertility. **Naveem Ballem, M.D.**, Medical Director of Bariatric Surgery at Clara Maass Medical Center (CMMC), said female patients have come to him for help after trying other solutions for infertility.

“I unfortunately see a lot of young women who can't get pregnant,” he said of the link between obesity and infertility. “People gain excess weight and become obese and their hormonal balance changes . . . It reduces the chances of getting pregnant.”

Dr. Ballem said he has treated female patients at the Weight Loss Institute of New Jersey located at CMMC, for a condition called “polycystic ovary syndrome” where cysts develop on the inside of the ovaries leading to irregular menstrual cycles and ultimately, to infertility. Polycystic ovary syndrome is often found in conjunction with excess weight gain and can lead to additional problems for women of reproductive age, including diabetes.

Women seeking help for infertility go through a complete health screening before exploring bariatric options for losing weight, Dr. Ballem said. He said he often recommends lap band surgery for women who want to get pregnant within one and a half years because the band can be easily deflated during a woman's pregnancy, and tightened again after she has had the baby.

Dr. Ballem encourages women of reproductive age to consider their options for weight loss sooner, rather than later. “If you're 32 and you want to have kids before you're 35, you have a finite window,” he said. His methods have been successful and Dr. Ballem recounted a recent conversation with a woman who became a new mother after lap band surgery.

The lap band procedure can be done in under an hour and is an outpatient procedure. Patients can go back to work in under a week. After losing weight, Dr. Ballem said, a woman's hormonal balance can regulate itself and the ovarian syndrome can disappear – along with other problems associated with excess weight – diabetes, joint pain, migraines and depression.

He said the lap band may be the best option for women who want to lose between 50 and 75 pounds, but gastric bypass surgery may be a better option for women who need to lose over 100 pounds.

Knowledge is the key to making a good decision, he said, adding that patients are encouraged to attend support groups, talk to other patients who have had the same procedures and to get to know their surgeon before undergoing any bariatric option.

“It's fantastic when you see people who were insecure or unsure of themselves lose weight,” he said. “They become like a butterfly. They gain confidence. You can see them transform.”

Weight loss is not the only issue for women who want to maintain their fertility, Dr. Ballem said. Women who are trying to get pregnant must also go for regular check-ups and should start taking pre-natal vitamins before conceiving.

Besides aiding in fertility, Dr. Ballem said bariatric weight loss can help women maintain overall good health. It can reduce or eliminate diabetes in women, depression or social stigma related to being overweight; back, knee and other joint pain; and in some cases, migraine headaches.

Dr. Ballem said women considering weight loss surgery should research the options available and not rely on anecdotal stories they may hear from friends and family, “The vast majority of people struggle with their weight. . . Obesity doesn't have a quick solution, but bariatric surgery is a good tool.”

For more information, call the Weight Loss Institute at **973.450.2399**.



Naveem Ballem, MD
Medical Director of Bariatric
Surgery at Clara Maass
Medical Center



Clara Maass and Barnabas Health Medical Group Open After Hours MediCenter

Adults who need medical help on nights and weekends can get treated at a conveniently-located center in Bloomfield.

Illness doesn't always happen during business hours.

When you need to see a medical professional and it just won't wait – but isn't serious enough to go to the emergency room – there's an option that is convenient and close to home.

Clara Maass Medical Center and Barnabas Health Medical Group have opened a new after hours MediCenter for illnesses and other problems that just can't wait until morning.

The new center is located at 382 West Passaic Ave. in Bloomfield. It is open Monday to Friday, from 5:30 to 9:30 p.m., and Saturday and Sunday from 8 a.m. to 4 p.m. For information, call: 973.338.5100.

After Hours MediCenter provides services for adults, including walk-in care, examinations, laceration care, vaccinations, and on-site x-ray. It is staffed by physician assistants and nurse practitioners under the care of **John V. Kelly, MD**, a well-known expert in Internal Medicine with adjacent offices located nearby. Dr. Kelly is currently the President of the Medical Staff at Clara Maass Medical Center.

"After Hours MediCenter is now a new and unique health care resource for area residents if you want to see a medical professional for a non-emergency issue when your physician is not available, but you also do not want to go to the emergency room," said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center.

"We have designed After Hours MediCenter in partnership with Barnabas Health Medical Group and Dr. Kelly to provide this alternative for individuals and families in Bloomfield and surrounding communities, who require convenient access to health care in the evenings and weekends."



"Patients are looking for accessible and professional care and need to be able to talk to a medical professional when their illness or urgent situation occurs," said Dr. Kelly. "People don't always get sick when it's convenient and it's important that they have access to quality medical care not just during regular business hours."

"I'm delighted Clara Maass Medical Center and Barnabas Health Medical Group are now available to offer this option to local residents," he said.

The After Hours MediCenter is a fee-for-service medical provider and currently does not accept insurance. Patients are responsible for submitting claims to their insurance providers for reimbursement of services.

Patient records can be sent to their primary care physician upon request.



Seton Hall University Honors Mary Ellen Clyne, Ph.D. President and Chief Executive Officer of Clara Maass Medical Center

“What an honor and delight to be recognized by Seton Hall University, its faculty, staff and graduates,” said Dr. Clyne. “I’m proud to carry on the university’s high standards in the field of Nursing and Health Care.”

When Mary Ellen Clyne, Ph.D., the President and Chief Executive Officer of Clara Maass Medical Center, walks through her hospital, she greets everyone by name. She makes a point to stop and talk to her staff – asking about their work day, their families and their state of mind. That is no accident. Dr. Clyne is putting into practice skills she learned as a nursing administrator and expert in patient care services. She took her experiences a step further by writing about them in her dissertation when she earned her Ph.D. in Nursing from Seton Hall University.

Her 140-page thesis, “Connective Leadership: The Chief Nursing Officers’ Relationship with Staff Nurses” explores how Chief Nursing Officers relate to their staff nurses. It also gives recommendations and themes on strengthening those relationships, and ultimately improving the administration and care provided at hospitals.

Dr. Clyne was recently recognized by Seton Hall University at the College of Nursing’s 75th Diamond Jubilee Celebration. She was among the first class of graduates to earn her doctorate in nursing once the university began offering the doctoral program. Though she finished her Ph.D. in 2011, Dr. Clyne said she applies the lessons she learned as a graduate student every day in her work at CMMC.

Leading by example, Dr. Clyne encourages her nurse managers to stay in constant communication with their staff, to schedule meetings to accommodate nurses on night shifts, and to be active listeners and offer feedback.

“She’s very supportive of the nursing team,” said Lea Rodriguez, RN, MAS, Vice President of Patient Care Services, the Chief Nursing Officer for CMMC. “She encourages open dialogue and communication and provides a progressive and professional working environment for the entire staff.”

Dr. Clyne earned her Ph.D., Master of Science in Nursing Administration and her Bachelor of Science in Nursing from Seton Hall University. She also previously taught graduate level courses at the university as a Clinical and Adjunct Professor.

“Mary Ellen Clyne, Ph.D., R.N., has the distinction of being the only person who holds a BSN, MSN and a Ph.D in Nursing from Seton Hall University. As we celebrate our 75th anniversary, we are proud of her accomplishments as a leader in the nursing profession and at Clara Maass Medical Center,” said Dean Phyllis Hansell, of Seton Hall University’s College of Nursing.

Dr. Clyne has had a long and distinguished career in nursing. She became President and Chief Executive Officer of CMMC in 2010. Previously she served as the Chief Operating Officer and Vice President of Patient Care Services. Before her days at Clara Maass, Dr. Clyne held numerous nursing director positions at New Jersey hospitals.

“This honor is well-deserved,” said Barry H. Ostrowsky, President and Chief Executive Officer of Barnabas Health. “We are extremely proud of Mary Ellen’s achievement and recognition by Seton Hall University.”

Heart Patients Enjoy Renovated Cardiac Suite

With its state-of-the-art exercise equipment, monogrammed towels and flat-screen televisions, visitors to the Cardiac Rehabilitation Suite at Clara Maass Medical Center may think they've just walked into an upscale health club.

On any given day, cardiac patients can pedal on a stationary bicycle, walk on a new treadmill, work out with a CrossFit Machine, or lift free weights. When they're not exercising, they can meet with nutrition counselors, psychologists or experts who can help them stop smoking.

Located on the first floor of the Medical Center, the Cardiac Rehabilitation Suite was recently renovated and doubled in size. The additional space was needed because of the high volume of cardiac care patients undergoing treatment at CMMC. More than 500 patients a year use the cardiac rehabilitation facility and the facility has logged more than 6,000 sessions for those patients annually.

"The renovated facility will assist patients in their recovery from cardiac illnesses and procedures in a safe and healthy environment and enable them to get the follow-up care they need right here at Clara Maass Medical Center," said **Fadi Chaaban, MD**, Director of Cardiology for the Medical Center.

The renovation was made possible through grants from The Healthcare Foundation of New Jersey, Clara Maass Medical Center Foundation, The Hyde and Watson Foundation, and other generous donors.

Detailed attention was paid to the renovation of the suite, which features everything from soothing colors and dark wood accents, to cushioned gym flooring that provides a low-impact experience for those who walk on it.

In addition, the Cardiac Rehabilitation Suite offers a counseling and support room where patients can meet and talk to medical professionals in a private, comfortable location. Visitors also enjoy the convenience of an on-site bathroom and lockers for storing personal belongings.

The staff at Clara Maass Medical Center develops a comprehensive, individualized plan for each cardiac patient. The treatment plan may include programs for weight loss and smoking cessation, physical rehabilitation to return to work, counseling and support services, lipid and cholesterol management, heart monitoring and medical evaluations.

"Cardiac patients can now exercise, get counseling and recuperate from cardiac procedures in this elegant suite, using state-of-the-art equipment right here at Clara Maass Medical Center," said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center. "Our goal is to provide them a positive experience in this comprehensive facility as they continue to improve their health."

In addition to Cardiac Rehabilitation, CMMC offers a variety of cardiac services including routine EKGs, 24-hour holter monitoring, peripheral vascular studies, 2D Echo with Doppler & Color Flow, 64-Slice CT, stress echocardiograms, nuclear stress testing and transesophageal echocardiography, pacemaker insertions and cardioversions. In addition to these cardiac services, CMMC offers cardiac catheterization, percutaneous coronary interventions such as balloon angioplasty and/or coronary stents.

Cardiac Rehabilitation is open to patients who have had heart attacks, valve surgery, coronary artery bypass, congestive heart failure, pacemaker, or heart transplants or who have stable angina.



Fadi Chaaban, MD, Director of Cardiology, demonstrates the new Crossfit Machine.



Members of the cardiac staff picture with Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of Clara Maass Medical Center

For those who would like more information about the Cardiac Rehabilitation Suite, **973.844.4056**. Hours of operation are **Monday, Wednesday, and Friday from 6 a.m. to 6 p.m. and Tuesday and Thursday from 6 a.m. to 2:30 p.m.**

Heart Healthy Advice



The Barnabas Health Heart Centers offer a single comprehensive adult and pediatric cardiac program with locations throughout New Jersey. Our network of cardiac specialists treats patients close to home with advanced technologies and the benefits of cutting-edge cardiac research.

From heart disease prevention programs and the finest emergency heart attack care to cardiac catheterization, minimally invasive valve and coronary bypass surgery and heart transplant, Barnabas Health Heart Centers are nationally recognized for excellence. We continue to lead the way in offering the newest minimally invasive procedures and catheter-based alternatives to open-heart surgery.

Cardiovascular disease (CVD) is the leading cause of death in the United States. The Barnabas Health Heart Centers want to help you and your family understand more about cardiovascular disease.

Heart Attack Signs and Symptoms Don't Wait—Call 9-1-1 Immediately

Barnabas Health Heart Centers remind families to take symptoms seriously and to summon medical assistance by calling 9-1-1 immediately if they think a family member is having a heart attack. Heart disease remains the nation's number one killer of both men and women.

“If you or a family member are exhibiting signs of a heart attack, call an ambulance instead of attempting to drive to the hospital,” says **Gary J. Rogal, MD**, Chief of Cardiology for Barnabas Health. “If his or her condition should worsen, there is nothing you can do to help while driving. Ambulance crews have training and equipment to care for heart attack patients while they are being transported to the hospital.” Ambulances are equipped with an Emergency Medical System that can transmit an electrocardiogram (EKG) before the patient reaches the hospital. Based on important information relayed from the field, necessary staff, testing and treatment are made available before the patient's arrival.

All six of the Barnabas Health Heart Centers located across New Jersey have Joint Commission Certification in Acute Coronary Syndrome and Heart Failure. The accreditation also ensures that emergency and cardiology physicians continually refine and improve the way care is provided in the case of a cardiac emergency including heart attack.

Know Your Risk

When evaluating your risk for cardiovascular disease (CVD), multiple factors play a role. Some of those factors can be controlled, while others such as gender and family history are beyond one's control. Factors that can increase the risk of cardiovascular disease are:

Age

The risk of dying from CVD increases with age.

Family History

If your parents had heart disease, your risk increases.

Race

African Americans with high blood pressure have an increased risk. Risk is also higher among Mexican Americans, American Indians, native Hawaiians and some Asian Americans.

Gender

Men have a greater risk of CVD than women. However, the risk for women increases after menopause.

Warning Signs of a Heart Attack

The most common symptoms of a heart attack are:

- ▶ Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- ▶ Pain that spreads to the shoulders, neck, jaw, arms, or back
- ▶ Chest discomfort associated with lightheadedness, fainting, sweating, nausea, or shortness of breath
- ▶ Profound fatigue, which may last several days before the heart attack
- ▶ The occurrence of any of these symptoms **WITHOUT** exertion

There are less common warning signs of heart attack that also should be taken seriously, especially if they accompany any of the above symptoms. The intensity of the symptoms is not significant and they may not result in actual pain, reports Dr. Rogal. For example, shortness of breath is not considered painful.

The important feature is that these symptoms are new, possibly subtle, and there is no reason for them (for example, abdominal discomfort without having a recent meal). These less common symptoms include:

- ▶ Stomach or abdominal pain
- ▶ Nausea or dizziness
- ▶ Shortness of breath and difficulty breathing
- ▶ Unexplained anxiety, weakness, or fatigue
- ▶ Palpitations, cold sweat, or paleness

Not all these signs occur in every heart attack. Sometimes symptoms go away and return. In all cases, a person can lower the chance of dying from a heart attack by recognizing symptoms and getting medical help immediately.

For information about physicians affiliated with Barnabas Health Heart Centers, please call **1.888.724.7123**.

Barnabas Health Heart Centers Locations and Contact Information

Barnabas Health Heart Center at Clara Maass Medical Center
One Clara Maass Drive, Belleville, NJ

Barnabas Health Heart Center at Community Medical Center
99 Highway 37 West, Toms River, NJ

Barnabas Health Heart Center Kimball Medical Center
600 River Avenue, Lakewood, NJ

Barnabas Health Heart Center at Monmouth Medical Center
300 Second Avenue, Long Branch, NJ

Barnabas Health Heart Center at Newark Beth Israel Medical Center at Children's Hospital of New Jersey at Newark Beth Israel Medical Center
201 Lyons Avenue, Newark NJ

Barnabas Health Heart Center at Saint Barnabas Medical Center
94 Old Short Hills Road, Livingston, NJ



Gary J. Rogal, MD
Chief of Cardiology
Barnabas Health

Risk Factors You Can Control or Treat

These risk factors can be controlled or treated with help from your healthcare professional and by modifying your lifestyle.

- ▶ Alcohol and Illegal Drugs
- ▶ Birth Control Pills
- ▶ Blood Pressure
- ▶ Cholesterol
- ▶ Diabetes
- ▶ Obesity
- ▶ Physical Activity
- ▶ Smoking
- ▶ Stress

Incorporate Heart Healthy Behaviors into your daily life:

- ▶ Eat a Varied Diet with Good Nutrition Utilizing Healthy Fats/Oils
- ▶ Increase Physical Activity into Your Lifestyle
- ▶ Maintain a Healthy Body Weight for Your Height
- ▶ Manage Your Stress Levels
- ▶ Quit Smoking

Clara Maass Medical Center

Community Health Programs, Lectures & Support Groups

All Community Health events are run by members of our expert health care team. All events are free of charge unless otherwise noted (*). Please call 1.888.724.7123. Leave your registration information unless otherwise noted. There will be free parking for all programs held at Clara Maass Medical Center.

Winter/Spring 2013

MAY:

A Better Vision for Tomorrow

As we age, maintaining good eye health becomes more important. Learn how to prevent loss of vision and keep your eyes healthy with recommended screenings and check-ups. Lunch will be served.

North Arlington Health Department
10 Beaver Avenue, North Arlington
Thursday, May 2; 12 p.m.

The Matthew J. Morahan, III Health Assessment for Athletes

The Matthew J. Morahan, III Health Assessment Center for Athletes at Barnabas Health, is teaming with CMMC to offer a community concussion and cardiac screening. The cardiac screening is open to athletes ages 6 to 18. The concussion screening is open to athletes ages 12 to 18. Registration is required. Please call 1.888.724.7123.

Clara Maass Medical Center
1 Clara Maass Drive, Belleville
Saturday, May 4;
8 a.m. to 12 p.m.

Stress Busters

Stress has a way of building up over time and overwhelming our daily lives. Join CMMC medical experts to learn some methods to help reduce your stress level. Lunch will be served.

Montclair Health Department
205 Claremont Avenue, Montclair
Thursday, May 9;
12 p.m.

Be Beautiful, Be You: Sun Safety and Skin Screening

Join CMMC skin experts for a free skin screening and educational seminar on the most effective sun protection and skin care to prevent skin damage.

The Cancer Center at Clara Maass Medical Center
1 Clara Maass Drive, Belleville
Friday, May 10;
10 a.m. to 12 p.m.

Nutley Wellness Challenge Commencement

Come in and receive free blood pressure, cholesterol and glucose screenings – and discover your progress! This program is open to Nutley residents only, of whom must be 18 years or older to participate.

Nutley Health Department
149 Chestnut Street, Nutley
Monday, May 13;
6 to 8 p.m.

Vision – Prepare for Care

Good eye health becomes more and more essential with age. Learn how to prevent loss of vision and keep your eyes healthy with recommended screenings and check-ups. Breakfast will be served.

Lyndhurst Health Department
601 Riverside Avenue, Lyndhurst
Friday, May 17;
10 a.m.

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



JUNE:

Men's Health Clinic - PSA/Prostate Screening

Prostate cancer affects one in six men in the U.S. Successful treatment rates are high in early detection cases. Don't put it off – get screened today at the PSA and Prostate screening. Offered to North Arlington male residents, aged 40 and older.

North Arlington Health Department
10 Beaver Avenue, North Arlington

Wednesday, June 12;
5:30 p.m.

Free Blood Pressure, Cholesterol and Glucose Screenings

Blood Pressure

Clara Maass Medical Center
Main Lobby

Nutley ShopRite
437 Franklin Avenue, Nutley
Thursday: May 2;
8 to 10:30 a.m.

Bloomfield Stop & Shop
8 Franklin Street, Bloomfield
Tuesdays: May 7;
10 a.m. to 12 p.m.

Clifton Stop & Shop
160 Kingsland Avenue, Clifton
Tuesdays: May 21;
10 a.m. to 12 p.m.

Cholesterol

(2-hour fast recommended)

Nutley ShopRite
437 Franklin Avenue, Nutley

Thursdays: May 9;
8 to 10:30 a.m.

Glen Ridge Pharmacy & Surgical
855 Bloomfield Avenue,
Glen Ridge

Mondays: May 13;
10 a.m. to 12 p.m.

HB Pharmacy
98 Ridge Road, North Arlington
Thursdays: May 16;
9 to 11:30 a.m.

Glucose

(2-hour fast recommended)

Nutley ShopRite
437 Franklin Avenue, Nutley
Thursdays: May 16;
8 to 10:30 a.m.

Comprehensive Blood Screenings*

(fee of \$40)

Clara Maass Medical Center
Belleville Founders Room
One Clara Maass Drive, Belleville

Thursdays: May 23;
7 to 9 a.m.

Upcoming Bariatric Support Group Topics and Schedule

Join The Weight Loss Institute of New Jersey at Clara Maass Medical Center for a free informational session, "Weight Loss Surgery Options." Learn if you or your loved ones are candidates for weight loss surgery, and what to expect before, during and after surgery. You will meet accomplished bariatric surgeon Naveen Ballem, MD, Director of Bariatric Surgery, the entire Bariatric Surgery Team and former bariatric surgery patients.

Clara Maass Medical Center,
Belleville Founders Room

Third Wednesday of Every Month
at 6 p.m.

Call 973.450.2399 to register.
Walk-ins are welcome.

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!

Programs at the Cancer Center at Clara Maass Medical Center

All programs will be held in the Cancer Center at CMMC,
located in the Continuing Care Building, 1 Clara Maass Drive, Belleville

Look Good, Feel Better

This national public service program helps female cancer patients improve their self-image by instructing hands-on beauty techniques to manage the appearance side effects of chemotherapy and radiation treatments.

*Mondays: May 20;
10 a.m. to 12 p.m.*

To register, please call Joanna dos Santos, Breast Health Navigator, at 973.450.4173.

Breast Cancer Support Group

No woman should be alone in her fight against breast cancer. Whether you have recently been diagnosed or are a survivor, CMMC can help you cope and share your journey with others who can relate.

*June 3, July 15;
4 p.m.*

If you are interested in attending a breast cancer support group, please contact Raylene Langish at 973.450.2332 or rlangish@barnabashealth.org.

Drop-In Bereavement Group

Individuals who have experienced the death of a loved one are invited to share their stories with others who are grieving. Facilitated by an experienced LCSW, the group provides a safe place for people to feel understood and supported through a difficult time.

Tuesdays, at 12 p.m.

For more information, please call Raylene Langish at 973.450.2332.

Genetic Counseling

A genetic counselor is available, free of charge, all day Mondays.

To schedule an appointment, call: 973.844.4150

Wigs/Prosthetic Fittings

Professional, certified fitters will help you with wigs, prosthetic devices, mastectomy devices and accessories.

To schedule an appointment at the Cancer Center boutique, call: 973.844.4150

Medical Nutrition Counseling

A registered dietician will meet with you and counsel you on nutrition to help you before, during, or after cancer treatment.

Available Monday through Friday by appointment. Call: 973.844.4150

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



Eye Surgeon Has Global Reach

*Clara Maass Medical Center
Pediatric Ophthalmologist
Changes Lives Around the World*

Born with cataracts in each eye, six-year-old Siurajj McSween had a hard time seeing things most people take for granted. To read a book, she had to hold it directly in front of her face. She could hear her favorite programs on television, but could not tell the difference between one character and another. Going to school was hard, because she could not see well enough to read or write with confidence. Even playing with her brothers and sisters was a challenge.

Siurajj's cataracts were so large and so dense that she could barely see a hand moving in front of her face. In her native Grenada – an island country in the Caribbean – Siurajj could not get the medical treatment she needed to restore her vision.

After hearing about Siurajj from a colleague, **Anthony Caputo, M.D.**, Medical Director of The Children's Eye Care Center of New Jersey and the Newark Eye and Ear Infirmary at Clara Maass Medical Center (CMMC), decided to help.

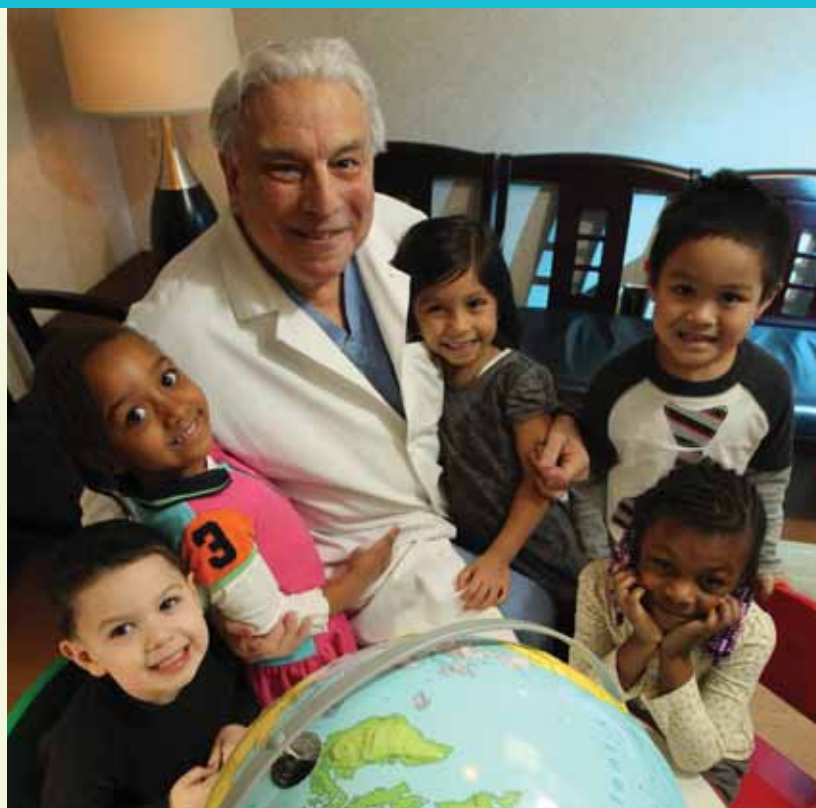
Dr. Caputo and anesthesiologist, Indira Radhakrishnan, M.D., donated their time and services to help Siurajj McSween at Clara Maass Medical Center. She and her mother, Kim McSween, came to New Jersey for an operation they hoped would change Siurajj's life.

Last November, Dr. Caputo performed two cataract operations on Siurajj, each a week apart, at CMMC. He said the operations went smoothly and were successful.

"Her mother was very emotional throughout the process, as were each of us on the medical side of things," said Dr. Caputo. "This little girl went from no vision to normal vision in a matter of 10 days. I'm excited for her to get back to living her life, but this time being able to see because really, she has never seen before, not the way she will be able to see now."

After the surgery, Dr. Caputo checked Siurajj's eyes to see how she was progressing. The improvement in her vision was immediate and dramatic.

By her final check-up, Siurajj flew through an eye test chart and rattled off each letter with joyful accuracy. "E-F-P-T-O-Z," she sang out. She did so without struggling or hesitating and her mother's happiness, as well as Dr. Caputo's, showed on their faces. After the surgery, Kim McSween said that her daughter had received the gift of eyesight they had hoped for all of her life. Siurajj had come to Clara Maass Medical Center with very little vision, and left with 20/30 vision.



As a pediatric ophthalmologist, **Anthony R. Caputo, M.D.**, has treated children from all around the world.

"I can't wait for her to live a normal life like other kids, and to see the difference now when she does the things she loves like reading and writing and playing," said Kim McSween.

During her stay in New Jersey, Siurajj was all smiles, according to Dr. Caputo. She was affectionate and friendly towards everyone she encountered, and quick to share a hug with others. Kim McSween and her daughter both said they were grateful for Dr. Caputo's services and shared their gratitude with just about everyone they met.

Siurajj said she looks most forward to being able to color and draw, read and also to use her new eyes to, "do nothing at all."

During his career, Dr. Caputo said he has treated patients from all over New Jersey and around the world, "It's the same joy for me to care for someone from Paterson or Atlantic City as it is for someone from Haiti or Grenada. It's all about taking care of people. It's about allowing people to see again, or as in Siurajj's case, to see for the first time."

In 2011, Dr. Caputo performed surgery on a Haitian woman, who was injured in an earthquake. Though the woman had received surgery, it was not successful in correcting her double vision that resulted from the earthquake, so Dr. Caputo and CMMC took her case. Her surgery was successful and the woman's double vision improved.

"As New Jersey's leading ophthalmology hospital, Clara Maass is happy to provide services to those who come to us from all over the East Coast as well as the world," said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer, CMMC.

You can reach The Eye Surgery Center at **973.450.5960**.

Elegant Renovations Continue to Improve Clara Maass Medical Center

When physicians and medical staff attend lectures at Clara Maass Medical Center, they will do so in an ultramodern, state-of-the-art learning center, with Smartboard and Videoconferencing technology, thanks to a complete renovation of Greifinger Lecture Hall.

Clara Maass Medical Center is celebrating two major renovations this spring – the completion of the newly-refinished lobby in the Continuing Care Building and the remodel of Greifinger Lecture Hall. The brand new Healthcare Foundation of New Jersey Learning Center at Greifinger Lecture Hall will be a 90-seat ultramodern learning space suitable for medical lectures and seminars. Videoconferencing and whiteboard technology will be available in the lecture hall, enhancing education and communication to the Medical Center.

The renovation was made possible thanks to funding from the Healthcare Foundation of New Jersey, in addition to the generosity of donors through the Clara Maass Medical Center Foundation.

Previously, educational sessions, conferences, lectures and meetings were hosted in the learning center, but the room had limited technology. Now, the 1,224-square-foot room will serve as a “Smart Classroom” with a lectern equipped with a computer and audiovisual control equipment allowing an instructor to teach using a wide variety of media. An 87-inch Smartboard interactive whiteboard system will allow the presenter to incorporate multimedia elements, including videos and interactive demonstrations. The Smartboard will also help instructors provide medical professionals with access to the latest research and evidenced-based practices for their clinical areas.

Members of the community will benefit from attending wellness programs, learning about medical advancements, disease management and preventative care, both in person and from web-based lectures, video demonstrations and interactive participatory learning sessions, thanks to the features in the new learning center.

Videoconferencing capabilities will enable CMMC health care professionals to exchange clinical results, medical procedures and the latest advances in medicine and patient care with health care professionals from Barnabas Health and from medical centers across the country.

“Being able to offer high-tech seminars right in our own medical center will enable our physicians and nurses to achieve new goals and to conduct further research with much more ease and convenience than before,” said **Frank Mazzarella, M.D.**, Vice President of Medical Affairs. “It will also create all new possibilities and chances for us to reach the public, through Community Health.”

“As with many of the Medical Center’s renovations, the new lecture hall could not have been accomplished without our generous donors and the Healthcare Foundation of New



Left to right, Robert Lekish, owner of Hudson Construction, looks over plans with Mary Ellen Clyne, Ph.D., President and CEO of Clara Maass Medical Center and Jane Kessler, right, vice president of CMMC Foundation.

Jersey,” said Jane Kessler, CFRE, Vice President, CMMC Foundation. “The new learning center will be a treat for all of our health care professionals and community members alike.”

But the learning center isn’t the only improvement to the Continuing Care Building. CMMC also now proudly welcomes visitors to the Continuing Care Building through its brand new lobby, to a spacious reception desk and comfortable sitting area. A waterfall feature highlights the space, which was designed in calming earth tones, and complements the granite and stone accents throughout the lobby.



A fountain completes the serene setting of the lobby inside the Continuing Care Building.



STATE ASSEMBLY SPEAKER SHEILA Y. OLIVER JOINS STAFF OF CLARA MAASS MEDICAL CENTER FOR DR. MARTIN LUTHER KING JR. CELEBRATION

Mary Ellen Clyne, Ph.D., President and CEO of Clara Maass Medical Center, left, presents Assembly Speaker Sheila Y. Oliver, right, with a gift.

Dr. Martin Luther King, Jr. was a transformative figure who still challenges us to make the world a better place. That was the message, Speaker Sheila Y. Oliver, of the New Jersey General Assembly, brought to Clara Maass Medical Center during the keynote address of this year's Dr. Martin Luther King Jr. Brotherhood Awards Celebration.

Speaker Oliver, who was born at CMMC when it was known as Lutheran Memorial Hospital, riveted the audience of more than 100 people when she recounted walking through the Dr. Martin Luther King Jr. Memorial while attending President Barack Obama's second inauguration in Washington D.C. She shared with the audience the 14 inspirational messages carved into the Stone of Hope at the nation's capital.

"He continues to influence people and societies throughout the world," Speaker Oliver said of Dr. King, describing memorials made to the Civil Rights leader from South Africa, to Selma, Alabama. "It is our duty to be responsible citizens and conscientious stewards of freedom and democracy."

Each year, CMMC hosts the Brotherhood Awards and honors two Medical Center employees who are chosen by their peers as exemplifying the virtues embodied by Dr. King.

"This should be a constant reminder to all of us," she said. "He challenges each one of us to do the smallest, most insignificant thing we can do to make the world better. . . Can you imagine what we can do? I know you do Dr. King's work each and every day here at CMMC and the Barnabas Health system."

The event also featured another speaker, Barry Carter, a columnist for *The Star-Ledger*. Mr. Carter said his goal as a writer is to "shed light on ordinary folks" who do compelling things. He told vignettes about local Essex County residents who did a variety of remarkable things – including working against segregation, supporting voting rights, starting non-profit organizations to help the underprivileged and about an 89-year-old man who simply cleaned his street every day of the week to make his community a better place.

"Service is the common denominator of the people I've written about as a columnist," he said. "I try to make you remember them, in the spirit of Martin Luther King."

Both speakers were warmly received and following the speeches, Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of CMMC, presented Brotherhood Awards to two employees – Angela Jones, who works in Environmental Services, and Erithea Stone, an employee in Dining Services.

John V. Kelly, M.D., President of the CMMC Medical Staff, noted the accomplishments of both Dr. King and Robert F. Kennedy Jr., and talked about what "strong, powerful and courageous men" they were. "It doesn't matter who you are or what you are, you can make a difference," he told the audience. "Love will drive out hate. It's what we do at the hospital."

Visitors were treated to songs by the CMMC choir and refreshments after the program, which was also attended by State Senator Ronald Rice, Assemblyman Ralph Caputo, Belleville Deputy Mayor Vincent Cozzarelli and Susie Yanez, who represented State Senator Teresa Ruiz.

CLARA MAASS MEDICAL CENTER FOUNDATION

With Your Gift... You Made A Difference

From sampling delicious restaurant dishes to walking and golfing to help others – Clara Maass Medical Center Foundation spent 2012 engaging with the community while raising money for worthwhile programs at CMMC.

In 2012, CMMC Foundation raised more than \$1.1 million. Here is a snapshot of what CMMC Foundation was able to accomplish with your generosity.

Child Life Services



Undeterred by Hurricane Sandy, on November 18, over 300 guests and 60 food and beverage vendors came together at Pleasantdale Chateau in West Orange for CMMC Foundation's A Tasteful Experience: an Evening of Sensational Food and Wine. Guests sampled the culinary delights of local restaurants and found new beverage favorites while raising funds for CMMC's Child Life Services. Money raised will fund a child life specialist to comfort and support more than 2,700 pediatric patients who are ill or undergoing surgery at the Medical Center each year. In 2012, individuals, businesses and foundations contributed over \$100,000 to Child Life Services at CMMC.

Lifeline Challenge To Healthy Living

Putting their best feet forward, more than 270 walkers arrived at the Turtle Back Zoo on September 30 to raise money for CMMC Foundation's "Lifeline Challenge to Healthy Living." By walking, volunteers raised \$45,000 to support a weekly nutrition and fitness program held at 14 elementary schools in communities served by the Medical Center. By teaching 3rd and 4th grade children how to make nutritious food and beverage choices and how to incorporate exercise into their daily lives, CMMC has made a real difference in the fight to help prevent and eliminate pediatric obesity. Since CMMC Foundation initiated the after school program, it has raised over \$200,000 to benefit children.



Cancer Services

Nutley resident Larry DiSimone could not believe it when he was first told he had won a 2012 red Mini-Cooper through CMMC Foundation's first annual car raffle. Ticket sales for the raffle raised \$39,500 to help Clara Maass fight cancer. Details are coming soon about the 2013 car raffle.

CMMC Foundation's annual Golf Invitational was held May 14 at the Montclair Golf Club in West Orange. Over 160 golfers and dinner guests attended and helped to raise more than \$104,000 to renovate and upgrade the Cancer Center at CMMC. Numerous individuals and organizations demonstrated their commitment to quality health care for their community by donating an additional \$250,000 for the Cancer Center renovation.



Larry DiSimone of Nutley, who had hip surgery at Clara Maass Medical Center, won a brand new Mini-Cooper through a raffle sponsored by the CMMC Foundation.

Learning Center

With your gifts and generous grant funding, CMMC Foundation is completing the construction of a Medical Center Learning Center equipped with state-of-the-art technology to provide cutting-edge medical education to healthcare professionals and members of the community.

The Healthcare Foundation of New Jersey Learning Center at Greifinger Hall upgrade includes lecture hall renovations, a Smartboard interactive whiteboard system, Videoconferencing capability as well as seating for 90 people.

Cardiac Rehabilitation

The CMMC Foundation renovated and expanded the Medical Center's Cardiac Rehabilitation Suite to double the size and capacity. The renovation included additional state-of-the-art cardiac monitoring equipment and exercise equipment, as well as a consultation room for patient counseling. The upgrade was made possible through grant funding from The Healthcare Foundation of New Jersey and other generous donors.

With your gift... we've made a difference.

Hundreds of individual contributions and generous participation at CMMC fundraising events has made all of these important initiatives possible. **Thank You!**

This year, we continue our commitment to supporting and strengthening Clara Maass Medical Center and its numerous programs to benefit the larger community. Won't you join us?

Save The Date

CMMC Golf Invitational

May 20, 2013

Montclair Golf Club, West Orange, NJ

Lifeline Challenge To Healthy Living

September 29, 2013

Living Walk

Turtle Back Zoo, West Orange, NJ

A Tasteful Experience

November 18, 2013

Pleasantdale Chateau, West Orange, New Jersey



Volunteers supported the Lifeline Challenge program by walking at the Turtle Back Zoo



Golfers from Barnabas Health spent the day with baseball great Yogi Berra, bottom right, at the CMMC Foundation's annual golf outing.

Taking Charge of Your MENTAL HEALTH

*Barnabas Health Behavioral Health Network Provides
Full Spectrum of Treatment Options*

Since one in two Americans - or 44 million adults and 13.7 million children - has a diagnosable mental disorder each year, chances are someone you know suffers from a mental illness. Due to perceived stigma and lack of diagnosis, fewer than half of adults and one-third of children seek help and suffer in silence. The good news is that 80 to 90 percent of mental disorders are treatable using medication and other therapies.

Barnabas Health Behavioral Health Network is a leader in mental health and substance abuse treatment in New Jersey. The Network offers clients, their families and caregivers unparalleled access to a full continuum of behavioral healthcare services, substance abuse treatments and medical care.

Through the Behavioral Health Network, Barnabas Health facilities – including Clara Maass and Newark Beth Israel Medical Centers – seamlessly integrate behavioral health care and medical services to ensure each patient receives comprehensive and effective care. Services spanning the Network include inpatient, intensive outpatient and outpatient programs for children, adolescents, adults and older adults.

▶ Clara Maass Medical Center

The new Geriatric and Adult Inpatient Behavioral Health Unit at Clara Maass Medical Center (CMMC) addresses the needs of the growing population of individuals aged 65 and older. Located on-site at CMMC in the Continuing Care Building, the 22-bed voluntary unit complements the Medical Center's existing 20-bed behavioral health involuntary inpatient unit.

Treatment teams, led by a board-certified psychiatrist, psychiatric nurses, clinical social workers and adjunct therapists, work together to provide intensive programming and treatment services specifically designed for geriatric and adult patients. The multidisciplinary team develops exclusive treatment plans to help stabilize patients suffering from diagnoses such as dementia, depression, severe anxiety, bipolar disorder and psychosis. The team takes into account co-existing medical illnesses and medications, dietary needs, family issues and social concerns and integrates them into a holistic treatment approach.

According to Joe Hicks, President and Chief Executive Officer, Barnabas Health Behavioral Health Network, "We recognize the increasing number of aging adults affected by mental health conditions and the likelihood for a continued surge. Our comprehensive treatment approach addresses the full range of conditions that may become increasingly common with age and life changes."

Lina Shihabuddin, MD, Medical Director, Behavioral Health Services, Clara Maass Medical Center, says that as the general population ages, many adults are faced with new behavioral health challenges, including adjustment disorder, dementia, loss of independence or losing loved



ones. “Clara Maass has a very active social work team that helps families transition patients into more supervised settings to provide them with the support they need,” she said.

In addition to these behavioral health services, the Emergency Department at Clara Maass is staffed 24-hours a day, 7 days a week with psychiatric crisis workers.

▶ Newark Beth Israel Medical Center

Since mental illness does not discriminate, even the very young can be affected by a mental or behavioral health condition. The Behavioral Health Program at Newark Beth Israel Medical Center (NBIMC) is committed to reaching out to anyone in need of mental health services and helping those individuals return to better mental health and a more satisfying existence. The programs address mental health issues that cover the entire spectrum, from anxiety disorders, depression and adjustment disorders, to chronic or persistent mental illness. Some conditions require brief outpatient care while others require intensive inpatient treatment followed by ongoing outpatient care.

“Our goal is to provide the most efficient, high quality, comprehensive, culturally sensitive and compassionate care to our patients and improve the overall health of our community,” said **Trevor Forbes, MD**, Chairman for the Department of Psychiatry, Newark Beth Israel.


Programs for Children and Adolescents

- Children’s Crisis Intervention Service (CCIS) - provides acute psychiatric care in a supportive, structured inpatient setting for children ages 5 through 17 in severe crisis. The CCIS is the only unit licensed by the New Jersey State Department of Health.
- The Therapeutic Learning Center (TLC) – an intensive outpatient program serving children ages 4 through 11 who exhibit behavioral problems indicative of emotional disturbance or psychiatric disorder.
- Child and Adolescent Outpatient Program - provides quality voluntary behavioral health treatment for those ages 5 through 18. Individual, family and group therapy are utilized to assist children and families achieve optimal functioning.

Adult Programs

- Psychiatric Emergency Screening Service – the state-designated emergency screening service for Essex County provides crisis intervention, stabilization, mobile outreach, crisis hot line and family crisis services 24 hours a day, seven days a week through the Emergency Department or by calling **973.926.7416**.

- Adult Inpatient Programs - meets the needs of patients suffering from anxiety, depression, bipolar disorder, psychosis, personality disorders, schizophrenia and other diagnoses.
- Dual Diagnosis Clinical Track - led by a board-certified psychiatrist, the program incorporates psychiatric treatment with drug/alcohol education and utilizes a Twelve-step model.
- Partial Hospitalization Program – provides intensive, structured support to clients with major psychiatric disorders including major depression, bipolar disorder, psychotic disorders and dual diagnosis
- Outpatient Programs – a complete range of outpatient counseling services, including individual, group and family/couples therapy at the medical center



Depression affects all people regardless of age, geographic location, demographic or social position, recognizing the signs is critical:

1. Irritability
2. Apathy – no emotion, withdrawn, isolation, slowing down
3. Social withdrawal – avoidance of social interaction
4. Prominent loss of interest and pleasure in activities
5. Signs of functional impairment or unexplained functional decline
6. Psychomotor retardation – sense of things being in slow motion, lack of motivation
7. Anhedonia – inability to gain pleasure from normally pleasurable experiences

CONTACT INFORMATION

Clara Maass Medical Center
1.800.300.0628

Newark Beth Israel Medical Center
973.926.7024

Discussing End-of-Life Wishes with a Family Member

Barnabas Health Hospice and Home Care support National Healthcare Decisions Day, a nationwide event to encourage people to engage in thoughtful advance healthcare planning and to encourage healthcare providers to honor those decisions.



Many families are uncomfortable bringing up the topic of final wishes. In fact, most people don't ever put their requests down on paper. Even though many Americans say they are in favor of advance directives, only few actually write them. Although it is a difficult conversation to initiate, it is important for caregivers to sit down with their loved one to discuss his or her wishes regarding end-of-life care and the measures they want taken in terms of life-sustaining treatment.

Barnabas Health Hospice and Home Care offer these suggestions to caregivers when approaching the topic of end-of-life care with a loved one:

If the person says he/she expects to overcome his/her illness, you can suggest that you still need to talk "just in case."

You can acknowledge that although you feel awkward bringing up the topic, you would not feel comfortable if you did not inquire about his/her final wishes.

You can mention that a friend was anguished when his/her parent died because he/she had not made his/her preferences clear or written an advance directive.

To reduce uneasiness, you can say you want to make an advance directive for yourself and suggest the two of you complete them together.

For those who argue that it is bad luck or too painful to discuss what he/she wants at the end of life, you should acknowledge the person's feelings of discomfort, but tell him/her that you do not want to be put in the difficult position of making a decision that may be very different from what he/she desired.

Once complete, it is recommended that you make several copies of your loved one's advance directive and distribute them to the individual's physician, attorney and family members. It is also a good idea to keep a copy of the directive in a bedside drawer for emergency medical personnel to refer to if they come in response to a 911 call.

For more information about Barnabas Health Hospice and Home Care, please visit www.barnabashealth.org and choose the "Extended Care" tab.

The Siegler Center for Integrative Medicine Welcomes New Medical Director

The Barnabas Health Ambulatory Care Center is pleased to welcome **Minal Vazirani, MD, FACP, FAAP, FABIHM** to the Siegler Center for Integrative Medicine. Dr. Vazirani recently joined The Siegler Center for Integrative Medicine as its new medical director. She is a dual board certified internist and pediatrician, qualified to treat everyone from infants to adults. She is also board certified in Integrative Holistic Medicine. Dr. Vazirani is trained in conventional and alternative medical theory and practice, offering patients an innovative, comprehensive, holistic and progressive approach to care.

She received her bachelor's degree from The College of New Jersey and received her medical degree from the University of Medicine and Dentistry of New Jersey—New Jersey Medical School (UMDNJ NJMS). She completed her residency in Internal Medicine and Pediatrics at Good Samaritan Hospital and Phoenix Children's Hospital in Arizona.

Dr. Vazirani was selected to participate in many leadership and educational opportunities throughout her training, and has had the privilege of being mentored by many well-renowned pioneers and experts in the field of integrative medicine. She is also one of only a handful of physicians in the U.S. who has completed an academia-based clinical assessment program in Ayurvedic Medicine.

She continues to travel to India frequently to further her expertise in Ayurvedic Medicine. Dr. Vazirani also teaches at UMDNJ's Institute for Complementary and Alternative Medicine (ICAM). Dr. Vazirani has dedicated her career to exclusively practicing Integrative Medicine. She said she is happy to partner with patients and their primary care providers and specialists to provide consultations for safe, integrative and holistic approaches for their medical needs and health optimization on their healing journeys.

The Siegler Center for Integrative Medicine

The Siegler Center for Integrative Medicine is a comprehensive, holistic center for individuals who would like to educate themselves about ways to improve their overall health and well-being, or to address special health concerns from an integrative perspective. People often seek integrative consultation for the following concerns:

- ▶ Anxiety/Stress Reduction
- ▶ ADHD
- ▶ Insomnia
- ▶ Irritable Bowel Syndrome
- ▶ Crohn's Disease
- ▶ Ulcerative Colitis
- ▶ Rheumatoid Arthritis
- ▶ Migraine Headaches
- ▶ Optimizing Wellness
- ▶ Optimizing Brain Health
- ▶ PMS
- ▶ Stable Coronary Artery Disease/Hypertension
- ▶ Asthma
- ▶ Eczema
- ▶ Allergies/Food Sensitivities - Metabolic Syndrome/Insulin Resistance
- ▶ Diabetes/Pre Diabetes
- ▶ Mindful Weight Management Counseling
- ▶ Holistic Fertility/Pre-Conception Counseling
- ▶ Holistic/Green Pregnancy
- ▶ Counseling
- ▶ Holistic Well Baby/Well Child Counseling

Our highly trained staff of integrative medicine physicians, nutritionists, acupuncturists, massage therapists, herbalists, integrative psychologists, and support staff work together to optimize patient health, well-being and quality of life.

For more information or to schedule an appointment call **973.322.7007**.

Our new Integrative Medicine Center Suite is conveniently located at the Barnabas Health Ambulatory Care Center, Suite 116, 200 South Orange Avenue, Livingston, NJ.



Minal Vazirani, MD, FACP, FAAP, FABIHM
Medical Director, Siegler Center
for Integrative Medicine

ACCOLADES POUR IN FOR CLARA MAASS MEDICAL CENTER

Clara Maass Medical Center has made successful strides in health care over the past few years and has become an ongoing recipient of numerous awards and accolades.

CMMC celebrated the New Year with an immediate achievement – the Medical Center was selected as one of “100 Hospitals with Great Heart Programs,” by Becker’s Hospital Review, a national publication focused on the business and legal issues of health systems. The national list was made public on Wednesday, January 2, 2013, and The Becker’s Hospital Review editorial team selected the hospitals based on clinical accolades, recognition for quality care and contributions to the field of cardiology and cardiovascular surgery.

“There is such comfort in knowing we have a wonderfully dedicated cardiac team and programs effective enough to set ourselves apart from other hospitals,” said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer.

U.S. News & World Report has ranked CMMC among the 50 Best Regional Hospitals in the New York Metropolitan Area for three consecutive years. For the year 2013, CMMC is ranked among the 50 Best Regional Hospitals in the N.Y. Metro Area in the adult specialty of nephrology.

On separate occasions in 2012, the Medical Center was awarded with not one but two grade “A” scores in hospital safety from the Leapfrog Group. In addition to being one of three hospitals in New Jersey to be named a Thomson Reuter Top 100 Hospital in 2012, CMMC was also one of 12 hospitals in the U.S. to receive the Thomson Reuters Everest Award. The Everest Award is based on recognition of superior performance measures and the greatest improvement rates over five years.

Last year, the New Jersey Department of Health Hospital Performance Report ranked CMMC top in the State for the treatment of congestive heart failure (CHF) and heart attack, and second in the State for treatments of pneumonia and Surgical Care Improvement Project (SCIP).

CMMC also continues to earn Joint Commission Disease Specific Certifications for Congestive Heart Failure as well as Hip and Knee Joint Replacement in 2012.

“Achievements such as these are only possible when a medical center is comprised of a solid foundation,” said Dr. Clyne, President and CEO. “We have superior physicians and an excellent, highly dedicated staff here at Clara Maass. Both patient and employee satisfaction are important to us, and our commitment to both enable us to excel in all areas.”

Clara Maass Medical Center provides a complete continuum of care to residents of northern New Jersey. CMMC centers and services include the Cancer Center at Clara Maass, the Geriatric and Adult Behavioral Health Unit, the Health and Wellness Center, the Joint & Spine Institute, the Wound Center at Clara Maass, the Weight Loss Institute of New Jersey at Clara Maass, the Eye Surgery Center, Nuclear Medicine, Diagnostic Cardiac Services and Rehabilitation, the Pain Management Center, Same Day Surgery, the Center for Sleep Disorders, Rehabilitation Services, Maternity Services and Parent Education, and Pediatrics.

