

In Good Health

A publication of **Community Medical Center**



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Dear Friends,

Welcome to the fall issue of *In Good Health* magazine.

At Barnabas Health and Community Medical Center, your health and wellness are extremely important to us and, in this issue, we are proud to introduce two innovative programs to better serve you. Our Emergency Department has introduced autism-friendly emergency services, which are designed to help individuals with autism feel as comfortable as possible during their hospital visit. In addition, through our collaboration with Walgreens, patients are now able to fill prescriptions prior to leaving the hospital. Both of these services demonstrate our continual commitment to enhance your experience at Community Medical Center.

You will also read about the generosity of individuals in our community who support our hospital through donations to the Community Medical Center Foundation. Philanthropy comes in all sizes and we depend on the gifts many of you make to support our programs and services. People like Jay and Linda Grunin, whose foundation made the Jay and Linda Grunin Neuroscience Institute possible, and Rosanne Citta and the Citta Foundation, that established the J. Phillip Citta Regional Cancer Center. These gifts greatly elevated neurologic and cancer care in Ocean County.

While these organizations provide significant financial support, we are equally grateful for all donations – no matter the size – from patients, community members, the medical staff and countless others. As a non-profit hospital, Community Medical Center is a charitable organization that depends on the generosity of others.

Thank you for all that you do for our hospital. We appreciate the opportunity to care for you and your family and thank you for choosing Community Medical Center for your health care needs.

Yours in good health,



Barry H. Ostrowsky
President and Chief Executive Officer
Barnabas Health



Michael Mimoso, MHSA, FACHE
Interim President and
Chief Executive Officer
Community Medical Center



Walgreens Opens On-Site Pharmacy

Community Medical Center has launched an innovative collaboration with Walgreens, the nation's largest drugstore chain, to help improve the care of patients after they are discharged from the hospital. Located in the outpatient lobby, Walgreens will serve patients, medical staff and hospital employees.



Upon discharge, patients will have the option to fill any prescriptions – eliminating an additional stop on the way home from the hospital.

“This initiative with Walgreens aligns with Barnabas Health’s mission of keeping people healthy,” says Michael Mimoso, MHSA, FACHE, Interim President and CEO, Community Medical Center. “We take pride in providing services – not typically found at hospitals – that round out the continuum of care.”

This Walgreens location offers many of the same capabilities as a traditional retail location – from filling prescriptions to providing access to select over-the-counter medications, as well as specialty medication for conditions such as cancer, Hepatitis C and HIV. Walgreens offers durable medical equipment, including nebulizers, and conducts fittings for customized canes and diabetic shoes.

The “bedside delivery program” provides patients with discharge medications and medication counseling in the convenience of their hospital room.

“We are pleased to help make access to medications more convenient to Community Medical Center patients upon discharge,” says Sharon Condon, Pharm D., registered site manager, Walgreens. “To help patients achieve improved health outcomes, our pharmacy staff will follow-up with patients after discharge to answer medication questions, help ensure they are taking their medication correctly and discuss refills needs.”

Walgreens is open Monday through Friday from 9 a.m. to 5:30 p.m. All major prescription plans are accepted and co-pay assistance is available. Since all Walgreens systems are centrally linked, once prescriptions are filled at CMC, patients can have prescriptions refilled at another retail location close to their home. Use of this service is optional and prescriptions can be transferred back to a patient’s local pharmacy as well.

Medicine Safety: What You Need to Know

Whether it’s over-the-counter medication or prescription medicine, get the most benefit from the medication and stay safe with these tips.

Medicine DOs...

- ✓ Make sure all doctors know about all of your medications.
- ✓ Take each medication exactly as it has been prescribed.
- ✓ Keep medications out of sight and out of reach of children.
- ✓ Tell your doctor or pharmacist if you are pregnant, intend to become pregnant or are breastfeeding.
- ✓ Tell your doctor or pharmacist about any allergic reactions you have had to previous medicines.
- ✓ Check if your medication is likely to make you drowsy or affect your ability to perform difficult or dangerous tasks.
- ✓ Check if there are foods you need to avoid while taking the medication and that it’s safe to drink alcohol.
- ✓ Store medicines in a cool, dry place and protect them from light or refrigerate them if advised to do so.
- ✓ To keep your kids safe, lock up your medication and promptly discard it after you are finished with the medication.

Medicine DON'TS...

- ✗ Change your medication or dose without discussing with your doctor first.
- ✗ Leave your pharmacy without understanding clearly how and when to take the medicine.
- ✗ Miss any doses.
- ✗ Stockpile medications at home.
- ✗ Use medication prescribed for someone else.
- ✗ Crush or break pills unless your doctor instructs you to do so.
- ✗ Use medication that has passed its expiration date.

What's New in Robotic Surgery

Robot-assisted surgery is revolutionizing treatment for a growing number of conditions, from cancer to fibroids, hernias to gallbladder disease. The advantages are numerous: less pain and bleeding, faster recovery, shorter hospital stays and fewer infections, compared to traditional surgery.

Community Medical Center is among the first hospitals in the region to adopt robotic technology – starting in 2008 – and continues to invest in the latest robotic advances. Today, our expert physicians offer these leading-edge procedures for a wide range of gynecologic, urologic, intestinal and general surgeries.

Robotic surgery enables greater precision and smaller incisions, so the body heals more quickly. The surgeon uses a high-tech console to deftly manipulate tiny instruments and a camera inside the body (for more details, see box).

Here are some of the newest developments in robotic surgery, which we're proud to offer our patients.

Nearly scarless surgery

Robotic technology now offers a new benefit for women who need gynecologic surgery: a virtually scarless result, using a single incision through the bellybutton.

"This is the next progression in robotic surgery, from multiple ports in the body to a single opening," says John Sutherland, M.D., a board-certified obstetrician/gynecologist and chair of the department. "It's been wonderful; the response of patients is overwhelming."

With just one inch-long incision – versus three or four smaller incisions required for traditional robotic or laparoscopic surgery – the patient has much less pain and bleeding, and a lower risk of injury or infection.

Fresh Option for Cutting Cancer Risk

In other recent developments, robotic surgery is helping women lower their chances of developing gynecologic cancer, through "ovarian risk reduction surgery." The procedure, which can be done robotically, is an alternative to having one's fallopian tubes "tied" for women who no longer want to become pregnant. The procedure removes the tubes, rather than clipping them shut. Because ovarian cancer occurs at the ends of the fallopian tubes, risk of the disease drops significantly. — *John Sutherland, M.D.*

What is robotic surgery?

Robot-assisted surgery is the next generation of minimally invasive (laparoscopic) surgery. Tiny instruments and a camera – at the ends of thin robotic "arms" – are placed inside the body through one or more dime-size incisions.

The surgeon controls the instruments through a nearby computer console, which provides a high-definition, magnified, 3-D view. The controllers translate the surgeon's hand motions into precise movements of the micro-instruments inside the patient's body, with greater dexterity and range-of-motion than human hands.

Improved gynecologic procedures

At Community Medical Center, the single-site robotic procedure is available for hysterectomies, as well as surgery on the ovaries and fallopian tubes. It can be used to remove fibroids and tumors of the uterus, to treat endometriosis and adhesions disease and to repair the uterus.

"Most of my single-site hysterectomy patients go home the same day or the next day," says Dr. Sutherland. "Whereas 10 or 20 years ago, a traditional hysterectomy usually meant a five- to seven-day hospital stay."

One patient recently described her experience like this: "Comparing to a few of my friends who had traditional hysterectomies, my recovery time was significantly shorter. I was able to go back to work after only four weeks. I feel good now and don't feel any pain."

Minimally invasive gallbladder removal

A similar procedure is available for gallbladder removal, among the most common surgical procedures in the U.S.

Robotic gallbladder removal offers another major benefit, in addition to the option of a single incision. It enables the surgeon to better avoid injuring the adjacent main bile duct, by injecting the duct with fluorescent dye so it's highly visible on the robotic system's high-definition monitor.

Called the "Firefly" system, "this adds another level of safety to gallbladder removal surgery," says Steven Lowry, M.D., a board-certified general surgeon who also specializes in intestinal robotic procedures.

"Through a robotic-assisted single site cholecystectomy – removal of the gallbladder - a small incision is made in the belly button. Patients not only experience quicker recovery but a cosmetic advantage too as there's virtually no scarring," says Sergey Grachev, M.D., FACS, a board-certified general surgeon.

New instruments enable robotic intestinal & hernia procedures

As more robotic instruments are developed, surgeons can perform a wider array of robot-assisted procedures – giving patients greater options for minimally invasive surgery. Community Medical Center is one of the region’s few providers to offer these leading-edge treatments.

One important new tool is the robotic stapler, which allows many colon and rectal surgeries to be done robotically.

Robotic colorectal surgeries

“Staplers are a mainstay of intestinal surgery, because staples are more consistent and faster than hand-sewing,” says Steven Lowry, M.D., a colorectal surgeon.

But the robotic stapler has a distinct advantage over non-robotic versions: It senses the thickness of the tissue before it engages. If the tissue is too thick for proper stapling, the robotic stapler won’t operate.

Another plus: The robotic equipment makes it easier to prevent damage to the nerves that control the bladder and sexual function, which are located near the rectum.

“With robotic surgery, you can see the nerve plexus (network) and avoid it more easily,” says Dr. Lowry.

Revolutionizing hernia repairs

Other new instruments and techniques are enabling doctors to repair groin (inguinal) hernias robotically. The most common type of hernia, an inguinal hernia, occurs when internal tissue bulges through a weak area in the muscle wall of the lower abdomen.

“The recovery time for robotic hernia repair is three to four weeks, compared to six weeks for open surgery,” Dr. Lowry explains. “There’s much less pain and a much quicker return to normal activity.”

The robotic procedure is also superior to standard laparoscopic methods, says Dr. Lowry, because “the robotic instrumentation and visualization are much better.”

Dr. Grachev notes that other hernias that can be repaired through robotic-assisted laparoscopic surgery include: umbilical hernias, which appear as a bulge around the belly button; ventral hernias, which may occur through a scar after surgery in the abdomen; bilateral hernias, which develop on the right and left sides of the groin; and recurrent inguinal hernias.

Advances in prostate & kidney surgery

Robotic surgery offers extensive advantages for many urologic conditions, including cancers of the prostate, kidney and adrenal glands, as well as kidney obstruction.

Recovery times are much quicker than for other surgical techniques, with most patients leaving the hospital in one or two days, notes Victor Ferlise, M.D., board-certified urologist and the only fellowship-trained urologic robotic surgeon in Ocean County.

“Incisions are small, which results in faster healing, less pain and better cosmetic results,” adds the doctor, the region’s most experienced robotic surgeon in his field.

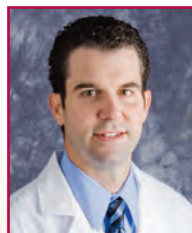
Safeguarding bodily functions

Plus, recent developments have made robotic prostate and kidney procedures safer and more effective than ever.

The new “Firefly” system, for example, is improving kidney-cancer surgery, by helping doctors better distinguish between the tumor and normal tissue. Firefly uses fluorescent dye to color kidney tumors, so surgeons can more easily remove all of the cancer and spare as much healthy kidney as possible.

“This helps preserve more kidney function while better eliminating cancer,” explains Dr. Ferlise, who has performed robotic surgery for eight years.

“The bottom line,” he adds, “is you don’t need to leave the area to get state-of-the-art robotic surgery.”



Victor Ferlise, M.D.
Department of Urology



Steven Lowry, M.D.
Department of Surgery



Sergey Grachev, M.D.
Department of Surgery



John Sutherland, M.D.
Department of Obstetrics
& Gynecology

For a referral to a surgeon or for more information, call **1-888-724-7123**.

Why I Give



Philanthropy is crucial to the continued growth of a nonprofit hospital. While people give for many reasons, from personal experiences to connections with programs and services, these stories focus on three people whose lives were touched by cancer – and chose to support the J. Phillip Citta Regional Cancer Center at Community Medical Center.

Many other generous people have chosen to support other programs within the hospital, including the neurosciences, cardiac and emergency services.



Philanthropy is in **Rosanne Citta's** DNA. Her parents – Joseph and Regina – founded the Citta Foundation, dedicated to helping local charities and community organizations, including Community Medical Center Foundation.

In 2004, Rosanne's beloved brother Phil, who served as President of the Foundation, lost his courageous battle to pancreatic cancer. "The care Phil received from Community Medical Center left me completely awestruck," says Rosanne of Toms River and Pompano Beach, Florida. "Phil made such a profound impact on so many people that it was only fitting to make a donation that would significantly impact patients and families throughout the area."

The Citta family made a generous \$1 million gift to help individuals, like Phil in their fight against cancer. The J. Phillip Citta Regional Cancer Center was named in Phil's honor. Rosanne, who serves as vice chair of CMC Foundation and immediate past chair of CMC's Board of Trustees, says "through the Cancer Center, Phil can continue to help others."

Rosanne also established a committee that organizes fundraising events to raise money for the J. Phillip Citta Regional Cancer Center. The annual Phil Citta Memorial Fundraiser at The Office Restaurant & Lounge held in February, during Phil's birthday month, has raised over \$200,000 to date. The biggest fundraising event, Red, White and Brew – Wine Tasting, celebrated its 10th anniversary in 2015 and raises over \$100,000 each year.

"When people band together and raise money for a cause – it makes everything so much more significant and meaningful. By working together, they can make a significant impact," says Rosanne.



Cynthia Nwana always wanted to give back to Community Medical Center. But as a single mother, she never had the means.

The hospital has played an important role in her life. She was born there, has been working as an administrative assistant in Radiology Imaging Services for the past 13 years and her dad received chemotherapy treatment in the outpatient infusion center.

"I've always appreciated Community Medical Center and wanted to make a contribution in honor of my father," says Cynthia, of Toms River. "Every time my dad went to CMC, he received the best care by every department he came in contact with. No exceptions."

Earlier this year, a program was put in place that gave Cynthia and other employees a more manageable and simple way to donate. Through the program, a contribution consistently comes out of her paycheck.

"Community Medical Center has been a blessing in my life and donating makes me feel like I'm doing my small part in giving back," she says. "I know my contribution isn't the biggest, but it definitely adds up. I feel lucky to be able to give back to the hospital, especially because they've given me so much."

While **Steve Farley** learned about Community Medical Center from his friends who worked there, he developed an even stronger connection to the hospital when his brother introduced him to Phil Citta.

"My brother Greg had been working at Phil's restaurant The Office Restaurant & Lounge for many years, and they became very close friends," says Steve, of Highlands. "Right away, Phil extended his hospitality to me and welcomed me into his life. When he passed away from pancreatic cancer, I learned that Community Medical Center named the cancer center in his honor, and I immediately wanted to help."

The first event Steve was involved with for the Foundation was 'Red, White and Brew – Wine Tasting.' As a chef at Artisan's Brewery & Italian Grill, Steve has donated his time and services to the event since its inception 10 years ago.

"I've watched the event grow from a fun way to raise money to a gigantic event that features a wide variety of local restaurants, wineries and breweries that all donate their services to this great cause," says Steve.

Community Medical Center and Phil Citta became even more meaningful to Steve when his father Owen became ill. The family was having a hard time finding hospice care and Barnabas Health Van Dyke Hospice at Community Medical Center stepped in and provided compassionate end-of-life care for Steve's dad.

"Phil was incredibly hospitable to me when he was still alive, and it was like that hospitality resonated even after he passed away," says Steve. "The cancer center did an incredible job taking care of my father and bestowed all of its kindness upon me. Giving back to Community Medical Center is the least I can do when they've given me so much to be grateful for."



Advancements in Hip Replacement Surgery

After months of debilitating pain, Jerry Balestro underwent a successful hip replacement at Community Medical Center. A year-and-a-half later, the Toms River man turned again to Community Medical Center's Robert Closkey, M.D., chair, department of orthopedics, with increasing pain in his other hip. But this time, a newer procedure – “direct anterior” hip replacement – had become available, offering a faster, less painful recovery.

“It was an easier surgery, and I was amazed by the difference in recovery from one hip to the other,” says the active 78-year-old, comparing the new procedure with the standard “posterior” replacement he'd previously received.

“After the first day, I didn't even need pain pills; it was unbelievable,” notes Jerry, a retired cook and Army veteran.

PERFECTING THE PROCEDURE

Hip replacements have improved dramatically since their introduction in the 1960s, and today's implants last more than 30 years.

The “posterior” method – which positions the patient on his side – is the proven, gold-standard approach. However, the newer “direct anterior” technique – which positions the patient on his back – offers significant advantages.

“While both approaches are excellent, we've found that the anterior approach limits complications and leads to a quicker recovery, because it enables the surgeon to go around the muscle rather than through it,” says Dr. Closkey, an

expert in the two procedures. “This also allows patients to have fewer restrictions while they're recovering from surgery.”

For instance, patients can drive as soon as they feel safe behind the wheel. They don't need to keep a pillow between their legs for an extended period to help their muscles heal. And they typically need only four weeks of rehab instead of the standard eight associated with the posterior procedure.

CAUSE AND EFFECT

Hip problems are common in people over 60, because the joint tends to wear out over time – a condition known as osteoarthritis.

The protective cartilage that lines the hip joint where the ball and socket meet deteriorates, causing pain while walking and a grinding sensation or stiffness, which can greatly limit activity. Falls and other trauma can also worsen the condition, notes Dr. Closkey.

Before Jerry's first hip replacement, the pain became so severe that he had to give up many of his normal activities – from

gardening to going to the gym. “I couldn't find a comfortable position to sleep... It really started affecting my life,” he says.

Typically, the pain increases over time. “At the condition's end stage, the hip can be in a complete frozen state making it extremely stiff,” says Dr. Closkey.

Hip replacement treats the problem through the use of implants, “which mimic the natural motion of the ball and socket so they're like new,” Dr. Closkey explains.



Today, “Jerry has no limitations,” the physician says. For Jerry, that means “doing all my favorite things again.”

EXCELLENT RESULTS

While Jerry enjoyed a successful outcome from the posterior approach used during his first hip replacement in 2012, he was surprised and delighted by the results from the new anterior approach used to replace his other hip 18 months later.

“People in pain should go for a hip replacement, especially one involving the anterior method, which had a much shorter recovery,” says the married father of two and grandfather of four. “Now I can kneel down and get up and it’s 100 percent better.”

Jerry’s experience with the anterior procedure is typical, says Dr. Closkey. “He was very comfortable in the hospital after the surgery and was done with his physical therapy in four weeks.”

Today, “Jerry has no limitations,” the physician says. For Jerry, that means “doing all my favorite things again.”

“There’s help out there for people who are challenged by hip pain,” emphasizes Dr. Closkey, “and the new anterior method is a great option. It’s a quick recovery and a return to a better life faster, more comfortably, and with fewer restrictions.”



Robert Closkey, M.D.
Department of Orthopedics

For more information about hip replacement at The Joint Institute at Community Medical Center, call **732-557-8194**.

Autism-Friendly Emergency Department Provides Comfort and Familiarity for Individuals With Autism

While a visit to the Emergency Department can make anyone feel uneasy, it can be especially stressful for individuals with autism. The mere sights, sounds, smells and fast pace can overload the senses, causing extreme anxiety.

To make the hospital experience more comfortable for patients with autism, along with their family members, Community Medical Center has established an “Autism Friendly Emergency Department.”

“We are committed to providing compassion and support to our patients with autism and helping to reduce anxieties involved with coming to the Emergency Department,” says Vikram Varma, M.D., chair, department of emergency medicine and board-certified in emergency medicine. “We want to make sure parents feel comfortable informing us their family member has autism so we can provide an environment that is tailored to meet their needs. Our goal is to streamline the process and fast track patients to a more comfortable setting.”

CMC’s Emergency Department staff - including providers, nursing and support staff – has been working closely with agencies like Parents of Autistic Children (POAC) and Autism Speaks NJ to learn more about autism and how to best communicate and work with patients with autism. Staff education includes awareness about sensory sensitivity, communication and pain threshold, as well as how to interact with patients.

The Emergency Department is equipped with items to make patients feel as comfortable as possible. iPads featuring Augmentative Picture Communication Software allows individuals to work at their communicative level using photographs to express wants and needs. Other support “tools” include sensory boxes filled with various sensory items, as well as items to provide support, comfort and security, including compression vests, blankets and noise reduction ear muffs. Plans also call for adjustable lighting and noise control.

“This is the start of a continual effort,” continues Dr. Varma, “and we hope to receive feedback from our patients and families so we can provide a positive environment and help individuals with autism and parents feel as comfortable as possible.”



Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. These disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors. To learn more about autism, visit www.poac.net or www.autismspeaks.org.

Dr. Varma (left) checks in with Garett and his dad John during a recent visit to the Emergency Department.

CMC's Annual Food Drive Collects Over 12,000 Pounds

Nearly 140,000 pounds of food donated since 2007

For the past nine years, Community Medical Center employees and members of the Medical Staff have collected and donated to local food pantries through Health Care Harvest, the hospital's annual summer food drive.

This year, over 12,300 pounds of food was donated including a generous \$5,000 donation from the Community Medical Center Medical Staff. Cumulatively, over the past nine years, 137,608 pounds of food has been donated to area food banks.

"Hunger isn't seasonal," says Tom Yanisko, Administrative Director of Hospitality Services at Community Medical Center, who founded the food drive in 2007. "Each year, we plan for the food drive to coincide with the end of the school year, when free breakfast and lunch programs offered through the schools are no longer readily available to children. We never want a child to go hungry. Making healthy food available to children in need is an important step in maintaining a healthy community."

Departments within the hospital compete amongst themselves to collect the most food. This year, the Finance Department staff donated 152 pounds of food per person, earning them the award for most food donated per person and most overall food donated by a department.

Health Care Harvest is one of many programs Community Medical Center employees take part in as a way to give back to the community they serve. "Our goal is to help keep the community healthy, and participating in the food drive is a great way to join together as a team and make a difference," says Michael Mimoso, MHSA, FACHE, Interim President and CEO, Community Medical Center.



Make a difference – organize a food drive!

Most Needed Non-perishable Items

- ◆ Canned Tuna, Chicken, Salmon (in water)
- ◆ Canned Fruits (packed in juice or light syrup)
- ◆ Canned Vegetables (low sodium or no-added salt)
- ◆ Natural Unsweetened Applesauce
- ◆ Brown, Wild, White Rice
- ◆ Peanut Butter & Jelly
- ◆ Pasta (whole grain preferred)
- ◆ Canned or Dry Beans, Peas, Lentils
- ◆ 100% Juice Boxes
- ◆ Healthy Snacks
- ◆ Unsalted Nuts
- ◆ Hot & Cold Cereal (low sugar preferred)
- ◆ Cooking Oils
- ◆ Ready-to-Eat Canned Meals
- ◆ Canned Dry Beans

Kid-friendly options:

- ◆ 100% Fruit Rolls
- ◆ Raisins
- ◆ Graham Crackers
- ◆ Unsweetened Applesauce
- ◆ Cheese and Crackers
- ◆ Fruit Cups
- ◆ Pretzels
- ◆ Granola Bars (without peanuts)



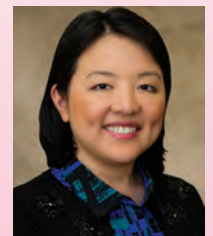


Take Charge of Your Breast Health All Year Long

When it comes to your breast health, there's no such thing as being too careful. In October, during Breast Cancer Awareness Month, there was tremendous emphasis on getting an annual mammogram and the importance of early detection. Just because the month is over doesn't mean our focus should lessen. Good breast health needs to be a lifelong commitment – a year-round priority.

"Detecting early stages of breast cancer will give you the best prognosis," says Sumy H. Chang, M.D., FACS, a board-certified fellowship trained breast surgeon. "While there's no "magic bullet" to prevent breast cancer, you can take preventive measures."

Dr. Chang provides women with access to the latest prevention, detection and treatment options for breast-related issues – including breast cancer.



Sumy H. Chang, M.D.
Department of
Surgery/Breast Surgery

Breast Health Tips:

- * Be aware of your breasts - The more aware you are, the more likely you'll recognize irregularities like a lump or a change in the shape, size and texture. If you notice any changes, make an appointment with your doctor.
- * Conduct regular breast self exams (BSE) to detect any changes. You can do this in three ways: in front of the mirror, in the shower or lying down.
- * Get annual mammograms, starting at age 40. Mammography is the "gold" standard in breast cancer screening. The low-dose X-ray procedure provides visualization of the internal structure of the breast.
- * Pay attention to your lifestyle. Women can reduce risk for breast cancer by not smoking, maintaining a healthy weight, limiting alcohol consumption and eating a balanced diet.
- * Know the key risk factors. If you have a strong family history; experienced radiation exposure to the breast, chest wall or back between the ages of 10 and 30 years old; or tested positive for BRCA1 or BRCA2 gene mutation, you are more at risk. Talk to your doctor about the best way to take precautions.

Schedule your mammogram at CMC's Woman's Imaging Center by calling 732-557-8150.

New Technology Detects Lung Cancer, Helps Save Lives

The fact that lung cancer is often diagnosed in the final stages makes it the leading cause of cancer deaths in the U.S. According to the American Cancer Society, more than 224,000 Americans are diagnosed with lung cancer each year. The good news is that with early detection, the survival rate increases from 15% (stage IV) to as high as 92% (stage I). New technology, now available at Community Medical Center, enables physicians to diagnose lung cancer earlier, and save lives.



“This breakthrough technology offers key advantages – from cutting the procedure time in half, to allowing for more precision and accuracy.”

New Jersey CyberKnife at Community Medical Center, says “This system allows implantation of gold markers to allow tracking of tumors with the CyberKnife system in the lung to help aid with CyberKnife radiation treatments. The benefit to patients is a decrease in the risk of a collapsed lung for biopsies that would be more difficult with CT guided biopsies.

The SPiNView® Thoracic Navigation System by Veran Medical Technologies enables physicians to accurately access small lung lesions via multiple approaches. This assists physicians in detecting lung cancer earlier and without the need for multiple hospital visits for diagnostic procedures. It is the only navigation system that provides visualization, accurate navigation and real-time confirmation of nodule location.

“This breakthrough technology offers key advantages – from cutting the procedure time in half, to allowing for more precision and accuracy,” says Michael D’Angelo, M.D., a board-certified radiologist at Community Medical Center. “With the Veran system, I’m able to biopsy nodules that are smaller and difficult to access or were unable to access previously.”

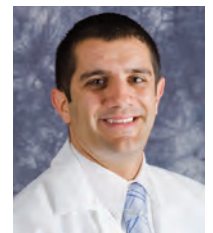
“Before the Veran system, technology enabled access to nodules less than a centimeter in size. Now, with the Veran system, we can access nodules that are a subcentimeter in size. This means quicker access to treatment and hopefully better patient outcomes,” notes Dr. D’Angelo.

“If we can get individuals at high risk for lung cancer screened, and detect nodules less than a centimeter in size – we can diagnose and treat them earlier and hopefully prevent detrimental stage III and IV lung cancers and reduce the number of lung cancer deaths,” says Dr. D’Angelo.

Pulmonologists also find the Veran system enables them to biopsy difficult to reach areas. David J. D’Ambrosio, M.D., a board-certified radiation oncologist and medical director of



Michael D’Angelo, M.D.
Department of Radiology



David D’Ambrosio, M.D.
Department of
Radiation Oncology

For information about our Lung Cancer screening program, contact Terri Martin, RN, BSN, ONC, CBCN, at **732.557.8295** or visit cmccancer.org.

American College of Surgeons' Commission on Cancer Honors CMC With Prestigious Award

Community Medical Center was one of just 75 U.S. health care facilities with accredited cancer programs and one of only two in New Jersey to receive a national honor from the American College of Surgeons' Commission on Cancer.

The 2014 Outstanding Achievement Award, for surveys performed last year, acknowledges cancer programs that achieve excellence in providing quality care to cancer patients. Community Medical Center has been accredited by the Commission on Cancer since 1986.

"This Outstanding Achievement Award validates the care our physicians, nurses and support staff at the J. Phillip Citta Regional Cancer Center provide and is

"We constantly strive to enhance the care we provide by addressing patient-centered needs."

a testament to their dedication to our patients," says Michael Mimoso, MHSA, FACHE, Interim President and CEO, Community Medical Center.

"We constantly strive to enhance the care we provide by addressing patient-centered needs," says Mimoso. "Through our Oncology Nurse Navigator program, a nurse navigator guides patients through the health care process – assisting patients with access to care, appointment scheduling, understanding their diagnosis and helping them and their family members cope during treatment and through survivorship," he says.



The J. Phillip Citta Regional Cancer Center was evaluated on 34 program standards categorized within one of four cancer program activity areas: cancer committee leadership, cancer data management, clinical services and quality improvement. The cancer program was further evaluated on seven

commendation standards. To be eligible, all award recipients must have received commendation ratings in all seven commendation standards in addition to receiving a compliance rating for each of the 27 other standards.

The Commission on Cancer Accreditation Program provides the framework for the J. Phillip Citta Regional Cancer Center to improve its quality of patient-care through various cancer-related programs that focus on the full spectrum of cancer care, including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease and end-of-life care.

"When patients receive care at a Commission on Cancer accredited facility, they have access to information on clinical trials and new treatments, genetic counseling and patient-centered services including psycho-social support, a patient navigation process and a survivorship care plan that documents the care each patient receives and seeks to improve cancer survivors' quality of life," according to Rajesh Iyer, M.D., a board-certified radiation oncologist and chair, department of radiation oncology and the hospital's Cancer Committee.



Rajesh Iyer, M.D.
Department of
Radiation Oncology

For more information, about the J. Phillip Citta Regional Cancer Center, call **732.557.8148** or visit **www.cmccancer.org**.

Barnabas Health Announces Support To Build Ocean County's First Fitness-Themed Play Pocket Trail At Jakes Branch County Park

Employees Get Their Hands Dirty for a Cause

Barnabas Health has partnered with Ocean County, the National Recreation and Park Association and CBS EcoMedia to construct a new fitness-themed play pocket trail at Jakes Branch County Park in Ocean County. When complete, the Jakes Branch County Park Play Trail will provide local children and their families a trail experience that integrates play, physical activity, education and socialization. Jakes Branch County Park is a regional park located off Double Trouble Road in Beachwood, New Jersey.

Community Medical Center employees volunteered to trim trails and brush in preparation for equipment and surfacing installation. The volunteer "Trail Day" also featured local staff and executive leadership from Barnabas Health, Ocean County Department of Parks and Recreation, Freeholder Director John C. Bartlett, Jr. and CBS EcoMedia.

"Community Medical Center is proud to partner with the Ocean County Freeholders as we create a new play trail for children at Jakes Branch County Park," said Michael Mimoso, MHSA, FACHE, Interim President and CEO, Community Medical Center. "Community Medical Center and Barnabas Health believe in helping people make healthy lifestyle choices. This trail will keep children and families moving as they play rather than participating in sedentary activities. If we can instill physical activity as a fun way to exercise, we will help children be healthier and establish good habits for their future."



The Jakes Branch County Park Play Trail will be the first of its kind in Ocean County. The trail is designed with play components such as the "Tilted Spinning Leaf Seat," the "Caterpillar Crawl-Through" and the "Three-Cell Honeycomb," all of which help to provide users with a sense of discovery, an appreciation of the environment and a sense of community.

In addition to the funding and volunteer support, Barnabas Health expects to offer a variety of health and wellness classes utilizing the Play Trail for the community once it is completed. The Ocean County Department of Parks and Recreation is also committed to providing additional play equipment to supplement the Barnabas Health contribution, as well as stone dust, playground mulch and in-house support for trail clearing at the project area.

"Ocean County is pleased to partner with Barnabas Health, the National Recreation and Park Association and CBS EcoMedia Inc. in developing a new recreational trail at Jakes Branch County Park in Beachwood," said Ocean County Freeholder Director John C. Bartlett Jr., who serves as liaison to the Ocean County Department of Parks and Recreation. "This environmentally based play trail will be educational and recreational for children of all ages. Ocean County is pleased to host this trail at Jakes Branch – the first of its kind in the County."

"We are proud to launch our second project with Barnabas Health," said Paul Polizzotto, President and Founder of EcoMedia. "This project showcases Barnabas' longstanding commitment to communities throughout New Jersey, and we are grateful for their continued support."



Renovations Abound at CMC

Community Medical Center's family waiting areas and several patient units have a whole new look and feel due to renovations that are underway. Designed with patients and family members in mind, the goal is to offer a healing environment and inviting space.

"We understand that patients and family members may be under extreme stress and we hope to make their stay a little more comfortable by providing a warm setting where they feel more at ease and have the opportunity to reflect," says Russell Harrell, M.D., President, Medical Staff.



The second, third and fourth floor family waiting rooms feature a home-like décor with warm colors, faux wood floors, comfortable seating, along with a small table and chairs. As part of ongoing improvements, patient rooms will feature new faux hardwood flooring, freshly painted walls and flat screen TVs, as well as upgraded showers. Energy-efficient LED lighting is being added to improve overall lighting for nursing care and patient comfort. The Women's Health Unit features new furniture, flat screen TVs and visitor sleep chairs, providing a comfortable environment to welcome the newest family member.

"We've made great progress with our renovations and plan to upgrade additional patient rooms," says Dr. Harrell.

In addition to the renovations, the hospital also offers many amenities, including free Wifi, an on-site coffee shop and gift shop, the new onsite Walgreens and Inspiration Boutique – for oncology patients. In the Emergency Department, a telephone/laptop charging station has been added for visitors. Valet parking is available and free parking is offered for all outpatient services.



Russell Harrell, M.D.
President
Medical Staff