

healthy *together*

HOW ONE
WOMAN BEAT
LUNG CANCER

REBUILDING
STRENGTH AFTER
HEART FAILURE

DETECTING
SEPSIS EARLY

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DOCTOR
ONLINE!
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A GAME CHANGER
FOR RUTGERS SPORTS

CREATING WINDOWS OF OPPORTUNITY

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

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

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

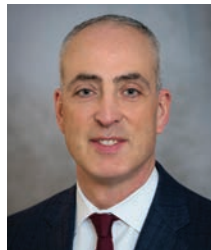
At Monmouth Medical Center (MMC), we strive to not only serve patients who need medical treatment, but also to help people thrive in their communities by investing in housing, education, nutrition and employment. On pages 6 and 7, you can read about just a few of the ways MMC is committing to improve the social, economic and environmental conditions that contribute to poor health and reduced life expectancy. For example, MMC is partnering with local organizations, such as Habitat for Humanity in Monmouth County, and recently helped fund the construction of three new affordable homes, including two residences right here in Long Branch.

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

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH

ERIC CARNEY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER



HEALTH NEWS

A NEW HEART VALVE REPLACEMENT PROCEDURE

In June, Barnabas Health Medical Group physicians performed the first two heart valve replacement procedures in New Jersey using the new Lotus valve, which helps to ensure optimal placement and reduce complications associated with the surgery. The valve was recently approved by the U.S. Food & Drug Administration. The physicians used a minimally invasive surgery known as transcatheter aortic valve replacement (TAVR), which involves repairing damaged heart valves without removing them. The procedure was performed at Robert Wood Johnson University Hospital (RWJUH) by the following physicians: Monmouth Medical Center (MMC) cardiologist Haris Usman, MD; Lenny Lee, MD, and David Bersin, MD, from the Department of Medicine, Surgery and Anesthesiology at Rutgers Biomedical and Health Sciences and Barnabas Health Medical Group; and Mark Russo, MD, Ashok Chaudhary, MD, Bobby Ghosh, MD, and Abdul Hakeem, MD, of RWJUH. RWJBarnabas Health was selected as one of the first 10 sites in the U.S. to implant the Lotus valve. To learn more, visit www.rwjbh.org/tavr.

THE LATEST IN ROBOTIC SURGERY

MMC recently became the first hospital in the region and the second in New Jersey to introduce da Vinci SP, a robotic surgical system that enables physicians to perform surgery through a single small incision. With this minimally invasive procedure, patients experience less pain and bleeding and a faster return to their usual activities. At MMC, the Robotic Surgery program is led by an experienced team of physicians who use the latest techniques to perform urologic, colorectal, gynecologic, thoracic, joint replacement and general surgeries. To learn more about robotic surgery treatment options at MMC, call 888.724.7123.

Monmouth Medical Center | **RWJBarnabas HEALTH**

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STANDING UP FOR PEDIATRIC CARE

AN ANNUAL PADDLEBOARD RACE IS HELPING TO IMPROVE EMERGENCY MEDICAL SERVICES FOR THE YOUNGEST PATIENTS.

Ever since Victor and Kari Rallos' premature twins, Jake and Jack, spent the first few weeks of their lives in the Neonatal Intensive Care Unit (NICU) at The Unterberg Children's Hospital at Monmouth Medical Center (MMC) 19 years ago, the hospital has had a special place in the couple's hearts. "We have always found it to be very compassionate and caring," says Kari.

To express their gratitude, the Rallos decided to give back to the hospital. "We felt strongly this is where we wanted to contribute," says Victor, a wine critic, host of PBS's *Eat! Drink! Italy!*, author and owner of several restaurants, including a chain of restaurants called SURF and two Mediterranean seafood restaurants in New York called Barca and Esca.

For several years, the Rallos participated



Kari and Victor Rallo created a unique fund-raiser to raise awareness of Monmouth Medical Center.

in “A Toast to Children’s Health,” a fund-raising event for the hospital. Five years ago, the couple decided to create a new fund-raiser. “We’re both paddleboarders, and we thought it would be fun to have a race,” says Kari. “There are already lots of 5K runs, so we thought it would be nice to do something different for the community while raising awareness of the hospital.” The result? The “WhatSUP” (SUP stands

for “stand-up paddleboard”) race on the Navesink River.

The event is a natural fit for the family, which is passionate about the sport. “For us, the best part of paddleboarding is feeling like you’re a million miles away the second you step on the board and paddle out into the water,” says Kari. “It’s not only great exercise, but it’s also a great way to decompress. It’s an activity we enjoy as a family.”

A UNIQUE EVENT

The race’s popularity grows every year. The first WhatSUP race attracted 20 to 25 participants, and this year, more than 100 participants were expected to enter the race, which was held on July 27. “Everyone who comes says it’s the best-run race they’ve ever been to,” says Victor.

Every year, the Rallos host a sunset sponsor party the Thursday before the race to thank their committee and sponsors for their support. On race day, Victor can be found in the water competing, while Kari pitches in where she’s needed to keep things running smoothly. The couple’s three college-aged children—Jack, Jake and Eli—are either spectators or participate in the race.

While many of the participants are from New Jersey, some travel from Pennsylvania, New York and Delaware for the five-mile event, which begins and ends at Victory Park in Rumson. “There’s also a one-mile fun race for people who just want to enjoy themselves and paddle one loop,” says Kari.

Many members of the community come out to watch the race and support the hospital. Coffee and snacks are on hand. “It’s a great event to watch,” says Kari.

IMPROVING ACCESS TO WORLD-CLASS CARE

The event, which has raised more than \$350,000, will leave a lasting imprint on the hospital. The funds are being used to renovate the waiting room of the Thomas & Ann Unterberg Pediatric Emergency Department, as well as a pediatric triage station and space for an additional bed. “The



TOP-NOTCH EMERGENCY CARE FOR KIDS

At the Thomas & Ann Unterberg Pediatric Emergency Department at The Unterberg Children’s Hospital at Monmouth Medical Center (MMC), more than 15,000 pediatric patients are cared for by physicians with fellowship training in pediatric emergency care and pediatric nurses. The department offers round-the-clock care by pediatric specialists in a child-friendly environment.

MMC’s influence extends to the Safe Kids Campaign, an initiative aimed at preventing childhood accidents and injuries. The hospital leads the first and only Safe Kids chapter in Monmouth and Ocean counties—one of 500 chapters worldwide. MMC sponsors activities to educate parents, caregivers and children about ways to prevent injuries and accidents, which are the leading killers of kids ages 14 and under.

To learn more about services for children at MMC, visit www.rwjbh.org/Unterberg.

goals are to make the space more practical and serve more children,” says Kari. The project is slated to be completed in 2020.

“People have a lot of choices about how they’re going to support the community,” says Victor. “You need to feel like the funds raised are going to good use.” He’s confident that in this case, they are. “In many communities, we see hospitals shrinking and disappearing, but at Monmouth Medical Center, we see a hospital that’s getting better,” he continues. “The kind of care they provide, especially in pediatrics, is world-class.”

To learn about giving opportunities at Monmouth Medical Center, visit www.monmouthgiving.org.

FOSTERING HEALTHY COMMUNITIES

MMC IS COMMITTED TO IMPROVING THE WELL-BEING OF LONG BRANCH AND MONMOUTH COUNTY RESIDENTS.



HELPING YOUNG PEOPLE SUCCEED

Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery, has dedicated her career to improving the well-being of youth. In the past, her team identified problems, such as drug and alcohol use, in communities and approached key leaders with solutions. Now, for the first time, she is asking communities to determine what problem they need to tackle. “Having buy-in from the community can help programs succeed,” says Greene. Through an evidence-based, national program called Communities That Care, which launched for the first time in New Jersey in May, RWJBarnabas Health’s Institute for Prevention and Recovery aims to prevent substance use, violence, delinquency, school dropouts, teen pregnancy and depression and anxiety.

The Institute is working with leaders in four cities, including Long Branch, to evaluate the risks young people are facing and implement programs to give them the skills and support they need. Leaders in a variety of sectors are involved, including schools, government and treatment agencies. In the first phase of the 10-year initiative, surveys and focus groups will identify the biggest risk factor for Long Branch youth. “Long-term studies show that the program leads to a decline in substance use, school dropouts and suicide,” says Greene.

On May 7, Bill Arnold, President, Southern Region, RWJBarnabas Health; Eric Carney, President and Chief Executive Officer of Monmouth Medical Center (MMC); Long Branch Mayor John Pallone, city council members, the chief of police and superintendent of schools attended the Key Leader Orientation at Brookdale Community College’s Long Branch Center.



FUNDING AFFORDABLE HOMES

To improve the social, economic and environmental conditions that contribute to poor health and reduced life expectancy, MMC is partnering with local organizations, such as Habitat for Humanity, in Monmouth County. The hospital recently helped to fund the construction of three new affordable homes in Monmouth County, including two residences currently being built in the Troutman’s Creek neighborhood in Long Branch.





STRENGTHENING LOCAL RESOURCES

RWJBarnabas Health aims to not only serve patients who need medical treatment but also to help people thrive in their communities by investing in housing, education, nutrition and employment. To ensure access to such resources, MMC established the Long Branch Advisory Council. The Council includes representatives from faith-based organizations; the Long Branch School District, municipalities and senior centers; Monmouth Family Health Center; local businesses; community members; ethnic groups and the local health officer.

In addition to creating the Council, MMC has been involved with the Shaping Long Branch Coalition since its inception in 2016. The Coalition's goals are to improve access to healthy food and expand space for healthy activities.



TEAMING UP FOR BETTER HEALTH

Since community health is a priority for MMC, the hospital hosts an annual breakfast for mayors, committee members and administrators from surrounding towns. This year, leaders from communities including Atlantic Highlands, Deal, Eatontown, Middletown and Tinton Falls met with MMC's senior leadership and Board of Trustees members. Participants discussed community needs and the importance of partnering to improve the health of residents. Healthcare in New Jersey was also discussed. "We welcome the input of local leaders as we work to strengthen the community by offering access to the very best healthcare close to home," says Eric Carney, President and Chief Executive Officer of MMC.

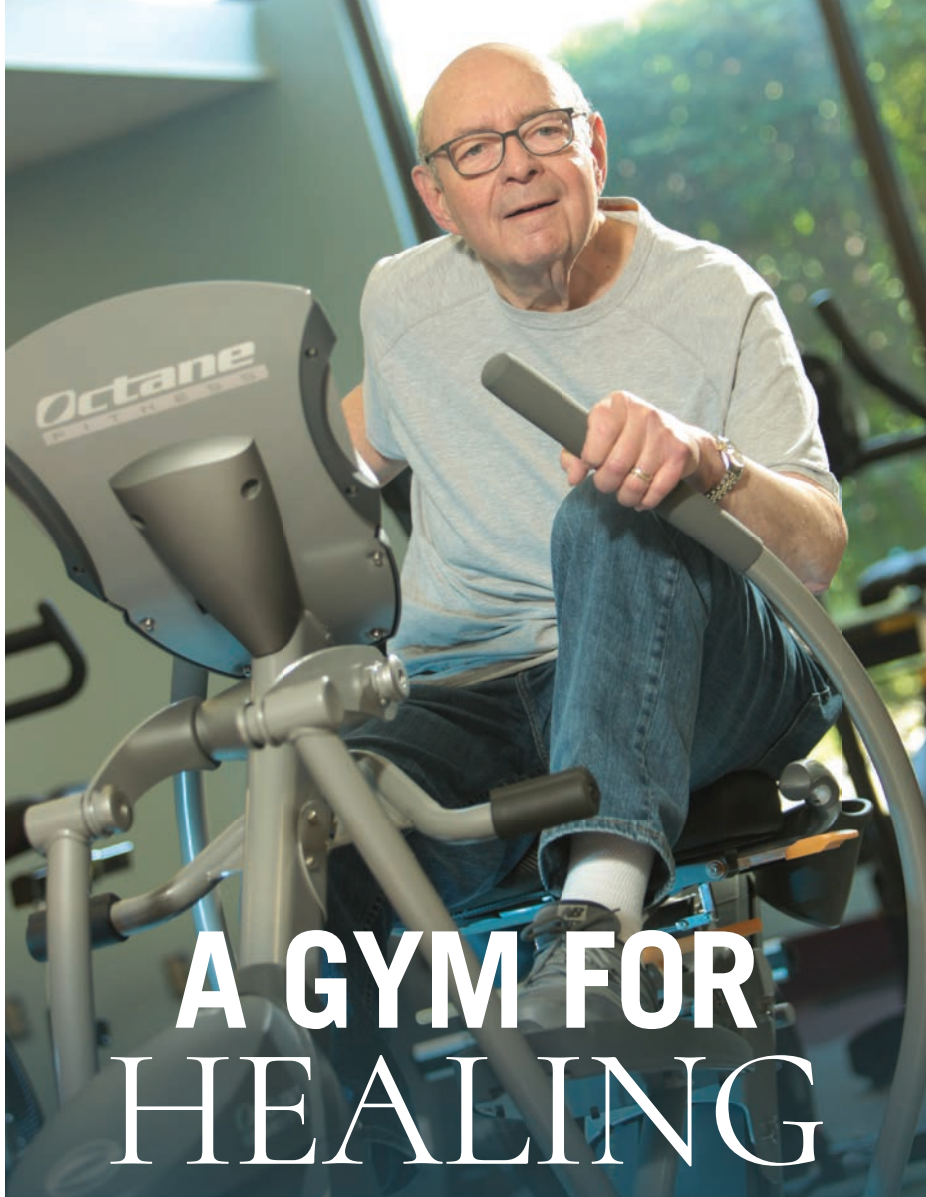


JOB TRAINING FOR STUDENTS WITH DISABILITIES

Monmouth County high school students with disabilities have the opportunity to develop important skills that can help them find employment through Project SEARCH, a job-training program. MMC is hosting the students, who spend their days at the hospital instead of their schools.

Students will learn about jobs in various areas, including Volunteer Services, the Emergency Department, Environmental Services and Nutrition Services. The goal for each student is to find a job after completing the program. Seventy percent of Project SEARCH interns who finish their training find long-term employment. For more information, contact Family Resource Associates at www.frainc.org or email employability@frainc.org.

To learn more about Monmouth Medical Center, visit www.rwjbh.org/monmouth.



A GYM FOR HEALING

A STATE-OF-THE-ART REHABILITATION CENTER PROMOTES A SWIFT RECOVERY FROM HEART AND LUNG DISEASES.

When Jay Lassman's physician recommended cardiac rehabilitation after he was hospitalized for congestive heart failure last March, he was skeptical. He was having trouble walking even short distances, so he didn't think he would be able to participate in gym workouts three times a week. "I wasn't sure what good it would do," admits Jay, 76, of Morganville.

But he was encouraged when he walked into the newly renovated Joel Opatut Cardiopulmonary Rehabilitation Center at Monmouth Medical Center (MMC). Thanks

to a generous grant from an anonymous donor, the 4,000-square-foot gym now features the newest exercise equipment. "Our goal was to create a state-of-the-art, high-tech facility that will enhance patients' workouts and enable older people to achieve their fitness goals through low-impact exercise equipment," says Marietta Datar, Program Director of the Center.

Jay started off performing exercises for about six minutes at a low-intensity setting on each of the machines. After a few months, he had worked up to 15 minutes at higher-resistance settings on most machines.



Left: Thanks to cardiac rehab, Jay Lassman is active again. Above: The medical team, from left: Sharon Holden, AVP, Cardiopulmonary, Critical Care, Emergency and Renal Services; Kenneth Granet, MD, Chair of Medicine; Ajay Shah, MD, Director of Cardiac Rehabilitation; and Isaac Tawfik, MD, Chief of Cardiology.

Then he began weight training. "Much to my surprise, I felt better within a week or two of starting the Center's program," says Jay.

HIGH-QUALITY CARE

The Joel Opatut Cardiopulmonary Rehabilitation Center is the first in Monmouth County to be certified for both cardiac and pulmonary rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation, a national organization dedicated to improving patient care. This means the facility meets the highest standards of care, which includes staff certification and preparedness for medical emergencies.

Rehabilitation helps cardiac patients rebuild strength after they've had a heart attack, heart failure or a cardiac surgery or procedure, says Ajay Shah, MD, Director of Cardiac Rehabilitation at MMC and a member of Barnabas Health Medical Group. In addition to exercise, cardiac rehab involves counseling on nutrition, smoking cessation and stress reduction. "Cardiac rehab can help relieve symptoms such as chest pain and fatigue, improve mood, boost energy, enhance quality of life and reduce the risk of future heart problems," says Dr. Shah. "In fact, studies have found that it decreases a patient's chances of death in the next five years by up to 30 percent."

Less than a year after he was hospitalized, Jay is back to his routine of walking three miles daily. "I credit my progress to not only a cardiac rehab regimen designed for me but also the Center's dedicated personnel," says Jay.

Your heart doesn't beat just for you. Get it checked. To reach a Monmouth Medical Center cardiac specialist, call 888.724.7123 or visit www.rwjbh.org/heart.

10 TIMES TO USE TELEMED

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

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

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

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



CALL 911 IF...

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

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



You get sick while on vacation.



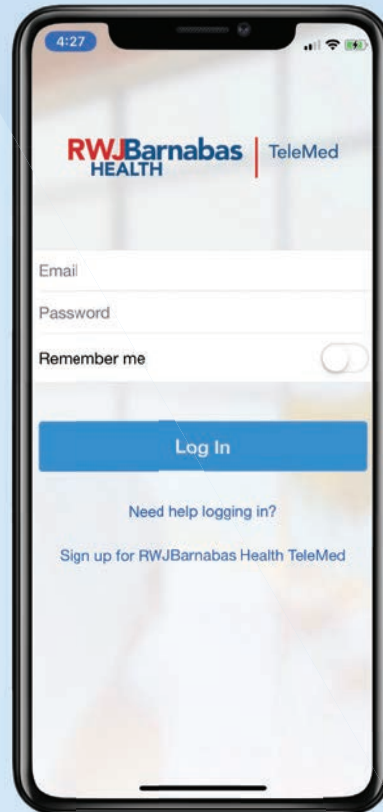
Your doctor's office is closed.



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



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



You feel too sick to leave the house.



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



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



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



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



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

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



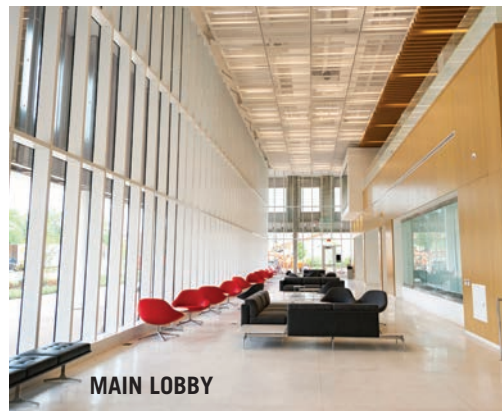
GAME CHANGER



GYMNASTICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL

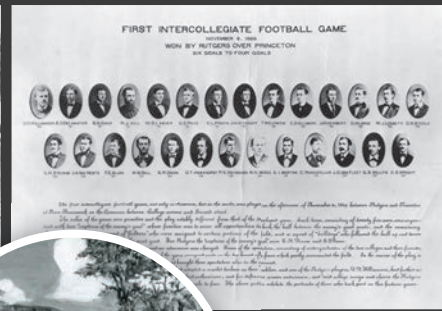


WRESTLING



HAPPY BIRTHDAY, COLLEGE FOOTBALL!

150 YEARS OF ATHLETIC PROWESS AND PASSIONATE FANDOM BEGAN AT RUTGERS UNIVERSITY.



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

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

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

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

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

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



X-RAY ROOM

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



THE A-TEAMS FOR

ADVANCED HEART FAILURE

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

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

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

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

COVERING THE STATE

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

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

can do complete workups for patients under one roof.”

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

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

MULTIDISCIPLINARY APPROACH

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

Both programs rely on multidisciplinary teams to provide

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

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

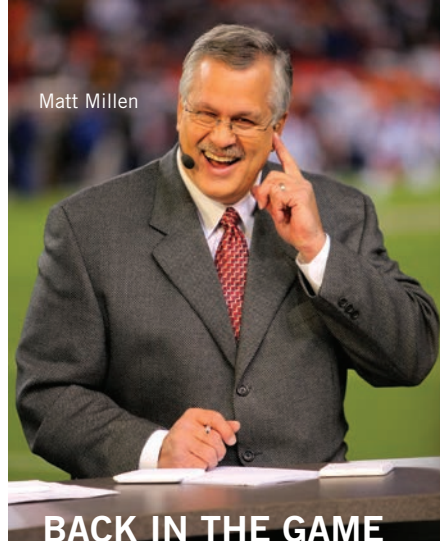
FUTURE-FACING

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

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

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

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



Matt Millen

BACK IN THE GAME

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

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

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

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

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

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



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

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





CANCER: WHERE TO CALL FOR HELP

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

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

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

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



STEVEN K. LIBUTTI, MD

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

NAVIGATING THE JOURNEY

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

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

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

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



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



RAISE YOUR HANDS FOR SURVIVORS

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

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

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

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

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



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

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



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

BEYOND BRAIN INJURY

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



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

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

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

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

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

MOVING FORWARD

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

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

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

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

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

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



Patient navigator Punam Jain, right, helps Ravinder Soni communicate with Keiron Greaves, MD, a pain-management physician.

OVERCOMING LANGUAGE BARRIERS FOR BETTER CARE

A NEW PROGRAM HELPS IMPROVE ACCESS TO HEALTHCARE FOR THE INDIAN COMMUNITY.

Ravinder Soni, 75, of Monroe was struggling with foot pain, gastrointestinal problems and arthritis in her knees, back and shoulders. She also had cataracts and needed to see an ophthalmologist. Finding medical care wasn't easy, though. Ravinder, who is originally from India, speaks Punjabi and Hindi, and her English is limited. So when she discovered that Monmouth Medical Center (MMC) offers a program designed to assist Indian patients with access to medical care, it was welcome news.

The Indian Medical Program was launched by MMC and Monmouth Medical Center Southern Campus in Lakewood in February. "We understand that specific ethnic and racial groups are more prone to certain illnesses and diseases and that many encounter language, cultural and socioeconomic barriers that may make it more challenging to access appropriate healthcare," says Eric Carney, President and Chief Executive Officer of MMC. "To address this, Monmouth Medical Center has developed unique programs, like the Indian Medical Program, that enable us to provide culturally competent care to improve the health and wellness of our

community and reduce health disparities."

The Indian Medical Program is modeled on two other RWJBarnabas Health programs that help patients overcome barriers to healthcare. "We started the Chinese Medical Program 10 years ago to help the Chinese community find medical care, and it was very successful," says Punam Jain, a patient navigator and coordinator of the Indian Medical Program. "After that, we launched the Russian Medical Program. This year, we decided to expand the program to the Indian community."

Census figures show that about 16,000 Indian people live in Monmouth and Ocean counties. "The Indian community is very large in New Jersey, and I've seen firsthand the barriers people face when seeking healthcare in our region," says Jain. "In addition, as Asian Indians, we're at increased risk of cardiovascular disease and diabetes, which require attention and care."

A SUPPORT SYSTEM

Jain helps Ravinder find physicians and accompanies her to appointments to translate and facilitate communication.

Ravinder doesn't drive, so Jain arranges transportation to appointments. She also schedules follow-up visits and assists with insurance issues and paperwork. "Every aspect of my healthcare is being taken care of," says Ravinder via translation. "I'm so thankful for Punam. This program is really a support system for me."

So far, Jain has helped about 20 Indian patients obtain much-needed medical care. She says the new program is already having a significant impact. "When I accompany patients to appointments, they feel so much more comfortable," she says. "I'm proud of our efforts to help the community."

Now that Ravinder doesn't face language barriers to healthcare, she's receiving the medical attention she needs, and her health is improving. "I'm feeling much better," she says. "I've been going to physical therapy, which has helped my back pain and shoulder pain tremendously. And I'm planning to have cataract surgery soon."

To learn more, call the Indian Medical Program hotline at **732.923.6361**.

THE SCAN THAT SAVES LIVES

LUNG CANCER SCREENING HELPED ONE PATIENT BEAT THE ODDS.



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



Kathryn Napier was diagnosed with an early lung cancer and was successfully treated.

Making appointments has always been one of Kathryn Napier's least favorite tasks. So when the 67-year-old Tinton Falls resident was referred by her primary care physician for lung cancer screening—one of several tests deemed appropriate for her—she wasn't thrilled about putting yet another appointment on her to-do list.

But pushing past her hesitance ended up giving the grandmother of four a new lease on life. One of several hundred people who undergo a low-dose CT scan at Monmouth Medical Center (MMC) each year as part of its Lung Cancer Screening Program, Kathryn discovered she had lung cancer. Fortunately, the test revealed a tumor small enough to be removed with minimally invasive surgery. She's now cancer-free and was able to avoid chemotherapy and radiation, which would have been necessary if her tumor had been detected at a later stage.

"If Kathryn had not had this screening test, she would have gone about her life and one day would have likely experienced the coughing, shortness of breath or coughing up blood that's symptomatic of lung cancer," says Andrew Nguyen, MD, the MMC thoracic surgeon and member of the Barnabas Health Medical Group who treated Kathryn. "By then, her cancer might have been too advanced for surgical removal or a cure. Finding and treating her cancer early gives her a very good prognosis. She's an example of why we're raising awareness that lung cancer screening is lifesaving."

A SURVIVAL ADVANTAGE

By far the leading cause of cancer death in Americans—surpassing deaths from colorectal, breast and prostate cancers combined—lung cancer is diagnosed in more than 228,000 people in the U.S. each year, according to the American Cancer Society. Unfortunately, most lung cancers are caught at later stages, dimming the chances for long-term survival. When lung cancer is diagnosed and treated at an early stage, however, the survival rate is more than 70 percent.

To improve the odds that cancer will be detected early, MMC established the



WHO CAN BE SCREENED?

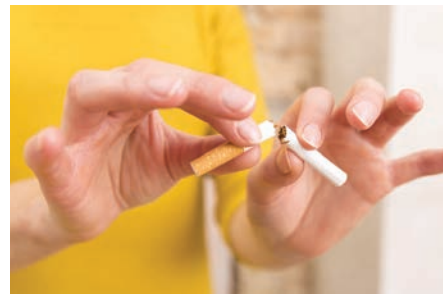
- A smoker or former smoker ages 55 to 77
- A person who has a smoking history of at least 30 "pack years" (packs per day multiplied by the number of years a person has smoked)
- Current smokers
- Former smokers who have quit within the last 15 years
- No symptoms of lung cancer
- No chest CT scan in the past year

Lung Cancer Screening Program. The program features a patient navigator who coordinates care; smoking cessation services; and access to comprehensive cancer care, including surgery, radiation, chemotherapy and clinical trials. (For eligibility criteria, see "Who Can Be Screened?") "Research has demonstrated a 20 percent mortality rate reduction in patients who had undergone low-dose chest computed tomography screening, as compared to patients screened with a conventional chest X-ray," says Dr. Nguyen. For those who are eligible, the screening is covered by most insurance plans, as well as Medicare and Medicaid.

RELIEVED AND GRATEFUL

Kathryn had robotic-assisted surgery in January. The upper lobe of her left lung and multiple lymph nodes in her chest were removed using small incisions. She has remained cancer free with follow-up imaging, and after recovering from the surgery she happily returned to spending time with her grandchildren.

Kathryn, who has stopped smoking with the help of medication, is relieved and grateful to MMC. "I'm so glad I had the screening," she says. "I've been very lucky."



HELP FOR QUITTERS

Kicking the habit is no easy task. In fact, nicotine addiction is one of the strongest addictions people face, according to the American Cancer Society (ACS). It's also one of the deadliest: Smoking claims an estimated 480,000 lives in the U.S. every year. That's why the ACS hosts the annual Great American Smokeout, which will be held on November 21 during Lung Cancer Awareness Month. The event encourages smokers to quit.

RWJBarnabas Health's Institute for Prevention and Recovery's Nicotine and Tobacco Recovery Program can help people overcome nicotine addiction. Studies show that people are four times more likely to quit when they participate in a structured program compared to trying to quit on their own. The program offers individual and group support. For more information, call 833.795.QUIT or visit www.rwjbh.org/nicotinerecovery.

The following strategies can help you quit for good:

- **FIND YOUR REASON.** Boost your motivation by remembering why you want to quit, whether it's to improve your health or protect your family from secondhand smoke.
- **SET A DATE.** Once you decide to kick the habit, set a "quit date."
- **SEEK HELP.** Nicotine replacement products and cessation medications can help cut withdrawal symptoms and raise the odds that you'll succeed in kicking the habit.

To learn about the Lung Cancer Screening Program at Monmouth Medical Center, call **732.923.7966**.





The Linda Grunin SIMLab will help train residents, nurses and others at MMC. It's funded by a generous gift from the Jay and Linda Grunin Foundation, which honors the life of Linda Grunin (left), who was raised in Long Branch.

gift from the Jay and Linda Grunin Foundation. "This gift honors the life of Linda Grunin, who was raised in Long Branch, and the work she and her family have done in the community," says Tara F. Kelly, Vice President of the MMC Foundation.

With rapidly advancing medical technology and ever-higher safety and quality standards, it's crucial for residents, medical students and nurses to master skills before they begin working with patients. "Our physicians are thrilled," says Kelly. "It's another layer of excellence for MMC."

ENHANCING PATIENT SAFETY

The Linda Grunin SIMLab, which will be operated through a partnership with Monmouth University, will enable residents and nurses to rehearse patient workups and refine their bedside manner. It will also provide training in operating room setup and procedures, including robotic surgery. It will enable providers to practice caring for high-risk patients in the Intensive Care Unit, helping to build their confidence. The Lab will be open to residents in all specialties, including obstetrics and gynecology, pediatrics and emergency medicine. Training sessions will be recorded to provide feedback, and providers will be reassessed to monitor their progress.

The Lab will also enhance patient safety. Simulation-based medical education has the potential to decrease medical errors; facilitate open exchange in training situations; and decrease the hospital's reliance on patients for training. The Lab aligns well with MMC's mission as a High Reliability Organization, meaning the hospital is committed to causing zero patient harm, reducing medical errors and providing outcomes-based medical education. "We are incredibly thankful to the Jay and Linda Grunin Foundation for their generous gift to fund this innovative educational facility and program," says Eric Carney, President and Chief Executive Officer of MMC.

The Lab, which will be located at Monmouth Corporate Park in West Long Branch, is expected to be completed in the spring of 2020. In the future, it will be used to train first responders, including local emergency medical technicians and firefighters. "It's gratifying to see an honorable idea become something so impactful," says Kelly.

TRAINING TOMORROW'S PHYSICIANS

A STATE-OF-THE-ART SIMULATION LEARNING LAB WILL TRANSFORM MEDICAL EDUCATION AT MMC.

Simulation—in which equipment or computer software is used to replicate a real-world scenario—has long been part of military and aeronautical training. Now it's being used in medical education, and residents, medical students and nurses at Monmouth Medical Center (MMC) will soon have access to a new, state-of-the-art Simulation Learning Lab—thanks to a \$3 million

To learn about giving opportunities at Monmouth Medical Center, visit www.monmouthgiving.org.



Monmouth Medical Center residents gather in the new lounge, which allows them to rest between shifts.

IMPROVING PHYSICIAN WELLNESS

**HELPING
RESIDENTS
MANAGE STRESS
CAN LEAD
TO BETTER
PATIENT CARE.**

Inna Kaminecki, MD, was thrilled to complete her pediatrics residency at Monmouth Medical Center (MMC), but she admits she struggled with burnout. “The third year was especially stressful because I was chief resident and was interviewing for fellowships,” she says.

Dr. Kaminecki is not alone. A recent Mayo Clinic study found that 45 percent of residents experience at least one major symptom of burnout. Preventing burnout not only improves the health and wellness of residents and reduces physician turnover, but it also helps prevent medical errors.

BANISHING BURNOUT

Last October, MMC launched an initiative called the Well-Being Program to address physician burnout among residents, physicians and nurses. Dr. Kaminecki led a study of her colleagues to better understand how burnout affects MMC residents. The study was based on a survey from Mayo Clinic’s Well-Being Index. Residents were also asked to record their daily steps with a fitness tracker.

Over a two-year period, 83 residents participated in the study, which found that 28 percent were at high risk for burnout. Dr. Kaminecki discovered that many participants weren’t getting the Centers for Disease Control and Prevention-recommended 10,000 steps per day of physical activity. She concluded that residents’ physical activity and well-being could benefit from improvement.

“Becoming a physician shouldn’t mean sacrificing your health and well-being,” says Pranoy Mohapatra, MHA, Manager of Medical Education, who is leading the initiative to reduce burnout. “Through focus groups, our residents said the resources that would benefit their wellness were exercise, access to good food and a place to relax and de-stress.”

To address residents’ needs, a lounge was created. It’s stocked with healthy food

A TOOL FOR BETTER HEALTH

RWJBarnabas Health has partnered with RedBrick Health to improve employee wellness. The interactive program, called BHealthy Wellness, gives employees personalized recommendations for improving their health. Employees fill out an online questionnaire, then the program provides recommendations in areas such as exercise, weight loss and stress reduction. Employees can track their progress using an online tool that syncs their activities with compatible devices, apps and programs. The program enables employees to earn points and save on their health insurance premiums.

and enables residents to rest between shifts. “I used the lounge during my night rotation as a quiet place to relax,” says Dr. Kaminecki. The hospital also gives residents access to the newly renovated cardiopulmonary rehabilitation gym. What’s more, residents are able to attend educational programs, such as a financial wellness day.

MMC was recently named a Top Teaching Hospital by The Leapfrog Group—a national nonprofit organization committed to improving healthcare quality and safety—for the second year in a row. “Monmouth Medical Center has a long history as a teaching hospital, and our respected reputation attracts top physicians,” says Eric Carney, President and Chief Executive Officer of MMC. “Our residents and medical students are an integral part of our collaborative approach to achieving superior safety and quality.”

To learn more about the Department of Medical Education, call **800.807.9191** or email mmcmedicaleducation@rwjbh.org.



MMC's sepsis team uses technology to rapidly identify patients with the condition. Andrew Lee, MD, Chief of Infectious Disease, with Liz Parato, RN (left), and Lynne Clemons, RN.

WHEN AN INFECTION TURNS DEADLY

AT MMC, HEALTHCARE PROFESSIONALS ARE FOCUSED ON DIAGNOSING SEPSIS EARLY AND TREATING IT AGGRESSIVELY.

Most of us don't worry about contracting an infection because it can usually be cured with antibiotics. But sometimes the immune system stops fighting foreign invaders such as bacteria and turns on itself, causing tissue damage and organ failure. Sepsis claims 270,000 lives in the U.S. each year and is the top cause of death in American hospitals, according to the Sepsis Alliance, which raises awareness of the condition through an observance every fall. Sepsis is most common in adults 65 or older, children younger than 1 and people with conditions such as diabetes, lung disease and cancer.

DETECTING SEPSIS EARLY

In 2015, Monmouth Medical Center (MMC) clinicians formed a Sepsis Committee, which meets monthly to review sepsis cases and outcomes. In addition, the hospital implemented a Code Smart system, a computer program that alerts doctors and nurses when a patient's symptoms and test results suggest sepsis. "When a patient with an infection develops a fever, experiences shaking chills and sweaty or clammy skin, has extreme pain, or becomes confused or disoriented, he or she may have sepsis," says Andrew Lee, MD, Chief of Infectious Disease at MMC. "Blood pressure drops, the heart may race and the person may be short of breath. Confusion alone can be a sign of sepsis." When a provider notices these symptoms or the Code Smart system generates an alert, "we immediately test

SIGNS OF SEPSIS

If you experience any of the following signs of sepsis (TIME is the acronym used by the Sepsis Alliance), see your physician immediately, call 911 or head to the hospital and mention that you're concerned about sepsis.

T is for temperature (higher or lower than normal)

I is for signs of infection

M is for mental decline (confused, sleepy or difficult to rouse)

E is for extremely ill (severe pain or discomfort)

PROTECT YOURSELF

- If you need an antibiotic, take it as prescribed by your physician and be sure to finish the entire course—even if you feel better before the medication is done.
- Avoid infection by staying up to date on the influenza, pneumonia and shingles vaccines.
- Keep cuts clean and covered. Seek medical care for wounds that aren't healing properly.
- If you smoke, quit. Smoking impairs circulation, raising your risk of contracting an infection.

a patient's blood for lactic acid—an indicator of possible sepsis—and treat him or her with intravenous antibiotics and fluids," says Lynne Clemons, RN, an MMC nurse who's part of the hospital's Rapid Response Team. "We also follow the patient closely."

Nearly nine in 10 cases of sepsis start outside the hospital setting, so it's important for patients to recognize the symptoms (see "Signs of Sepsis"). "Sepsis is an emergency, since it means the organs are beginning to fail," adds Liz Parato, RN, an Emergency Department nurse at MMC. "Hospital admission is necessary."

For more information about sepsis, visit www.sepsis.org.



Left: Meg Fisher, MD, Chair of Pediatrics at MMC, leads children in stretching exercises before the 5K race on Family Fun Day. Above: Eric Carney, MMC's President and Chief Executive Officer, and Diann Johnston, Chief Nursing Officer, hold the finish line tape for the Half Marathon winner.

PROMOTING HEALTHY LIVING

COMMUNITY EVENTS RAISE AWARENESS OF THE IMPORTANCE OF AN ACTIVE LIFESTYLE.

Monmouth Medical Center (MMC) has been meeting the healthcare needs of the community for many years. Not only does the hospital offer traditional medical services, but it's also involved in promoting a healthy lifestyle through its involvement in various events. In April, MMC and RWJBarnabas Health were well represented during the 2019 Novo Nordisk New Jersey Marathon and Half Marathon in Long Branch. More than 12,000 runners competed in a course that took them through the beach towns of Ocean Grove, Allenhurst, Deal, Monmouth Beach, Loch Arbour and Long Branch. The marathon culminated on the Long Branch beachfront promenade, where MMC President and Chief Executive Officer Eric Carney and Chief Nursing Officer Diann Johnston held the finish line tape.

In addition, RWJBarnabas Health sponsored the Family Fun Day and Kids Races, which were held on the Great Lawn in Long Branch. Members of The Unterberg Children's Hospital staff were joined by representatives of Children's Specialized Hospital and MMC's pet therapy team. Meg Fisher, MD, Chair of

Pediatrics and Medical Director of The Unterberg Children's Hospital, and Carney held the finish line tape for the 5K race.

A SPECIAL SOCCER CLINIC FOR KIDS

This fall, RWJBarnabas Health is sponsoring a free, one-hour soccer clinic for up to 60 members of Long Branch Middle School girls' and boys' teams. The women's professional soccer team, SkyBlue, will provide the clinic, which will feature scrimmages and interactions with players. Afterward, there will be a 15-minute question-and-answer and autograph session with SkyBlue players. Attendees will also receive goodie bags. Jason Krystofiak, MD, a sports medicine physician at MMC, is the team physician and medical director for SkyBlue. "Monmouth Medical Center has a long history of meeting the healthcare needs of its neighbors through high-quality health services and skilled and dedicated caregivers," says Carney. "We see ourselves as a partner in the care of our community."

For a referral to a Monmouth Medical Center sports medicine specialist, call **888.724.7123**.

COLD-WEATHER EXERCISE TIPS

Jason Krystofiak, MD, a sports medicine physician at MMC, shares strategies for exercising safely when there's a chill in the air:

- **Wear wool or fleece mittens and a hat.** This will help protect your extremities from frostbite, in which the skin and other tissues freeze.
- **Watch for signs of frostbite,** such as numbness, tingling and a lack of color, on your nose, ears, hands and toes. If you have any of these symptoms, head inside and slowly warm your skin. Frostbite can occur in just 30 minutes when the temperature is 0 degrees Fahrenheit and the wind speed is 15 mph (wind chill of -19 degrees F).
- **Wear sunscreen (with an SPF of at least 30) and sunglasses.** Ice and snow can cause a reflection of the sun's harmful ultraviolet rays.
- **Drink plenty of water** because it's possible to become dehydrated in the winter.
- **Dress in layers.** The first layer should be a synthetic fabric, which wicks away sweat. The next



JASON KRSTOFIAK, MD

should be a warm fleece or wool layer. The top layer, which can be removed, should be waterproof and breathable.

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A regional perinatal center, MMC was recently recognized by The Leapfrog Group for fully meeting quality and safety standards on key maternity measures — something achieved by only 20% of hospitals nationally.

For more information, visit rwjbh.org/mmcmaternity

