

Winter 2022

A Publication of
**NEWARK BETH ISRAEL MEDICAL
CENTER AND CHILDREN'S
HOSPITAL OF NEW JERSEY**

healthy

together

**A NEW WAY TO
PREVENT STROKE**

**EASY, HEALTHY
WEEKDAY MEALS**

**HELPING A TEEN
BEAT CANCER**

**PROTECT YOUR HEART
THIS WINTER**

MESSAGES FROM LEADERSHIP



“At RWJBarnabas Health, we enter the new year with renewed strength. We’ve taken the challenges of the pandemic and used them to find ways to better serve our communities, patients and staff. Additionally, we are expanding telehealth, offering advanced genomic testing for infants and pushing toward breakthroughs in pediatric cancer research, with a focus and dedication to creating a healthier 2022 for all.”

BARRY H. OSTROWSKY

PRESIDENT AND CHIEF EXECUTIVE OFFICER, RWJBARNABAS HEALTH



“Newark Beth Israel Medical Center is truly three hospitals in one. In this issue, learn about NBI, the community hospital that is reinvesting in our neighborhoods. Read about NBI, the world-class hospital that offers its patients the latest technologies and clinical expertise. Be moved by the work of our Children’s Hospital of New Jersey, offering one young lady the opportunity to attend her prom and another the chance to celebrate her 5th birthday.”

DARRELL K. TERRY, SR.

PRESIDENT AND CHIEF EXECUTIVE OFFICER
NEWARK BETH ISRAEL MEDICAL CENTER AND CHILDREN’S HOSPITAL OF NEW JERSEY

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HEALTH NEWS

QUALITY CANCER CARE

The Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center (NBI) offers comprehensive cancer care from screening and diagnosis through treatment and survivorship. We bring world-class cancer care close to home in partnership with Rutgers Cancer Institute of New Jersey, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center. NBI patients have access to the most advanced treatment options, including complex surgical procedures, sophisticated radiation therapy techniques, innovative clinical trials, immunotherapy and precision medicine.



American College of Surgeons Commission on Cancer
Silver Level Accreditation and Commendation



American Society of Clinical Oncology
Quality Oncology Practice Initiative



American College
of Radiology
Breast Imaging Center
of Excellence



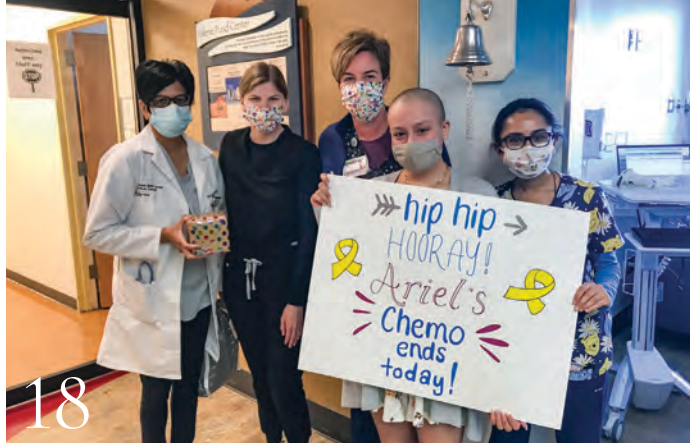
American College
of Radiology
Diagnostic Imaging Center
of Excellence



American College
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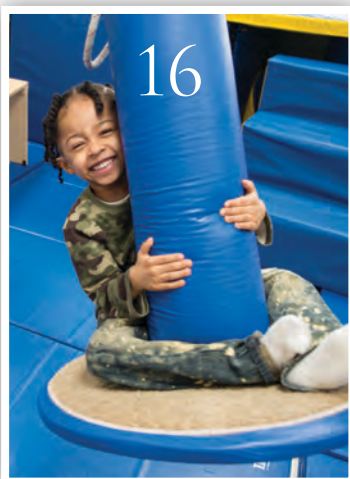
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CONNECTED TO THE COMMUNITY

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THE GOAL IS FITNESS

Local soccer players now have a high-quality field near their own neighborhood, thanks to a partnership between Newark Beth Israel Medical Center (NBI) and the Players Development Academy Urban Initiative. The small-sided turf field, located at the Marquis “Bo” Porter Sports Complex at 378 Lyons Avenue, will help kids stay active and learn more about playing this hugely popular sport.

FUN AND EDUCATION FOR EVERYBODY

The annual Alma Beatty Health and Wellness Fair, one of Newark’s largest health and wellness fairs, took place on September 18. The event, held in partnership with the City of Newark’s Back Together Again initiative, included a COVID-19 vaccination clinic, free health screenings, health information and special in-person education sessions at the “Ask a Pharmacist” and “Meet the Doctor” information tables. Dance performances, raffles, a food truck and special programming for children were also featured at the event.



PROACTIVE MOVES FOR BREAST HEALTH

In October, NBI provided free breast screenings for people who met the eligibility criteria. Routine screenings for breast cancer make it more likely to find cancer earlier, when it’s easier to treat and the chance of survival is higher. To schedule a mammogram at NBI, visit www.rwjbh.org/mammo.

To learn about upcoming community events sponsored by Newark Beth Israel Medical Center, visit www.rwjbh.org/NBlevents.



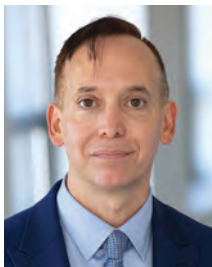


KEYS TO CONTROLLING HIGH BLOOD PRESSURE

WHY IS THE BLACK POPULATION AT GREATER RISK FOR THIS DANGEROUS CONDITION?

Nearly half (47 percent) of all U.S. adults live with hypertension, or high blood pressure, according to the Centers for Disease Control and Prevention. It's called the "silent killer" because it can cause a heart attack, stroke or serious heart damage before people even realize they have it.

Yet not everyone shares the same risk for it. Research shows that the prevalence of hypertension in Black people is about 45 percent, significantly



DAVID FELDMAN, MD

higher than in non-Hispanic whites (32 percent) and Hispanic people (30 percent). Theories for this disparity include genetics, higher rates of obesity

and diabetes, and lack of access to appropriate healthcare.

"Even though we don't all share the same risk, all of us should have the same access to medications and lifestyle changes we can make to lower our blood pressure and stop the damage hypertension can do to our hearts," says David Feldman, MD, the new Section Chief of Advanced Heart Failure Treatment and Transplantation at Newark Beth Israel Medical Center.

PUTTING RESEARCH IN ACTION

For 25 years, Dr. Feldman has conducted extensive research into healthcare disparities in cardiac care and their impact on Black communities. In 2008, he was part of a research team that conducted a study of 285 patients about hypertension and adherence to lifestyle modifications like diet and exercise

that help reduce blood pressure. Of the 244 patients who responded, 57 percent were female and 43 percent were Black. Survey results showed an association between exercise and race. Most of the white survey respondents exercised regularly, while most of the Black survey respondents did not.

"Those results may be related to different income levels, as the income of Blacks surveyed was significantly lower than that of whites," Dr. Feldman says. The research concludes that physicians should be prepared to ask patients what factors—economic and others—may limit patients' ability to exercise and to offer potential solutions to overcome them.

One year later, Dr. Feldman was part of a research team that surveyed 28 physicians about their opinions regarding hypertension treatment. "We concluded that optimal blood pressure control requires increased physician understanding on the evaluation and management of blood pressure," he says.

FORGING A HEALTHIER PATH FORWARD

What's needed now, Dr. Feldman says, is additional research and conversations that can help bridge the gap between Black people, hypertension and the medical community.

He aspires to host such conversations locally with diverse community members and forge relationships with groups like the Urban League of Essex County, which helps disadvantaged urban residents receive education, achieve employment and attain home ownership.

"The fact is, the healthcare system needs to do a better job of proving its trustworthiness to Black people," Dr. Feldman says. "These community conversations can play a role in remedying that lack of trust on both sides and give us perspective that we as providers can use to make sure all patients receive equal care."

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Newark Beth Israel Medical Center, call **888.724.7123** or visit **www.rwjbh.org/heart**.





EASY, HEALTHY WEEKDAY MEALS

SKIP THE GROCERY LINE AND USE FOODS YOU ALREADY HAVE ON HAND.

It happens to us all: There’s no time for a grocery run, but somehow you need to put a meal—a before-school breakfast or a quick dinner—on the table.

To help minimize the temptation to get takeout, which can be expensive and high in calories, fat and sodium, try these pro tips from Molly Fallon Dixon, MS, RDN, Community Wellness Coordinator at Newark Beth Israel Medical Center’s Reverend Dr. Ronald B. Christian Community Health and Wellness Center.

“Set yourself up for success by stocking your pantry and freezer with nutritious ingredients that stay good for a long time,” Fallon Dixon advises. “Most important, be sure to fill your shelves with foods that reflect the culture and flavors you and your family love.”

IN THE PANTRY:

“Shelf-stable” ingredients are those that can be safely stored at room temperature and don’t require refrigeration. They also provide a great opportunity to experiment with new foods. Keep a selection of these on hand:

- **Grains:** oats, brown rice, cornmeal,

whole wheat pasta, quinoa, bulgur, fonio.

- **Proteins:** dried or canned beans, lentils, split peas, nut butters, canned tuna or salmon.
- **Fruit:** raisins or apricots, unsweetened applesauce, peaches or pears canned in water or their own juices.
- **Dressings and sauces:** olive oil, vinegars, salsa, tomato sauce, low-sodium chicken broth, honey, shelf-stable milk alternatives like almond or coconut milk.

IN THE FREEZER

Frozen fruits and vegetables are a great source of vitamins and minerals, which are locked in while the produce is frozen, usually within hours of being harvested fresh. Look for frozen foods without any added ingredients like sauces or salt.

- **Vegetables:** peas, carrots, spinach, broccoli, green beans.
- **Fruit:** berries, mango, pineapple.

IN THE SPICE RACK

You don’t need to own every spice in the aisle. Use these flavor guides, based on what your family likes.

- **Caribbean cuisine:** garlic, ginger,

allspice, cinnamon, cumin, cayenne pepper, turmeric.

- **Latin flavors:** cumin, coriander, chili powder, cinnamon, cayenne pepper, oregano.
- **Mediterranean mix:** garlic, oregano, thyme, basil, rosemary, crushed red pepper flakes.

PULL IT ALL TOGETHER

Go easy on yourself and don’t set the bar too high for a pantry staple meal. Keep it simple—aim for a meal that features three food groups, using sauces and spices for flavor. For example:

- **Breakfast:** Stir together oatmeal (grain) made with shelf-stable almond milk (dairy) and flavor it with raisins (fruit) and cinnamon.
- **Lunch:** Combine whole wheat pasta (grain) with drained and rinsed canned cannellini beans (protein) and defrosted veggies like mixed peas and carrots (vegetable) with a quick oil-and-vinegar dressing.
- **Dinner:** Make “fakeout takeout” fried brown rice (grain): Stir-fry cooked brown rice in olive oil with frozen snow peas (vegetable) and canned salmon (protein), finished with low-sodium soy sauce.

To learn more about healthy eating at Newark Beth Israel Medical Center’s Reverend Dr. Ronald B. Christian Community Health and Wellness Center, call **973.926.7371**.

PRODUCE MAKES PERFECT

There are plenty of fresh produce items that hold up well in your pantry or another cool, dark spot in your kitchen. Keep onions, garlic, ginger, potatoes and winter squash on hand for nutrient-packed ingredients that won't spoil faster than you can use them. Here are two of our favorite soup recipes that you can cozy up to this winter.



BUTTERNUT SQUASH AND WHITE BEAN SOUP

This soup is a great vegetarian option that's packed with plant protein from the beans and is an excellent source of vitamin A.

Serves 4

INGREDIENTS:

- 1 medium butternut squash, about 2 pounds
- 1 tablespoon olive oil
- 1 medium sweet onion, diced
- 2 cloves garlic, minced
- 1 15-ounce can low-sodium white beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- ¼ teaspoon black pepper
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon salt

DIRECTIONS:

- Trim the ends off the squash and peel. Cut it in half and scoop out seeds. Dice the squash into small cubes and set aside.
- Heat olive oil in a large pot with high sides. Add onion and garlic and sauté for 3 to 4 minutes until softened.
- Add squash, white beans and vegetable broth. Cover and bring to a boil.
- Reduce heat and simmer for 15 to 20 minutes. Season with pepper, nutmeg and salt.
- Remove from heat and allow to cool for 10 minutes. Then pour half the soup into a blender with the center piece removed from the lid to allow steam to escape. Blend until smooth. Repeat with remaining half of soup, then combine. (An immersion blender can be used to puree the soup instead.)



SWEET POTATO COCONUT SOUP

This soup is a delicious combination of naturally sweet flavors mixed with a little heat from warm spices. Top the soup with toasted chickpeas for a protein-packed crunch.

Serves 4

INGREDIENTS:

- 1½ tablespoons olive oil
- 1 small Vidalia onion, diced
- 3 cloves garlic, minced
- 1 large sweet potato, peeled and diced
- 2 tablespoons curry powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne pepper (optional)
- 3 cups coconut milk beverage, unsweetened
- 1 cup low-sodium chickpeas, drained and rinsed
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika

DIRECTIONS:

- Heat 1 tablespoon olive oil in a large stockpot over medium heat. Add onion and cook 4 to 5 minutes, until softened. Add garlic and cook 30 seconds more.
- Add sweet potato, curry powder, salt, pepper and cayenne, if using. Cook 5 minutes longer.
- Add coconut milk and cover. Bring to a simmer, reduce heat to low and simmer for 20 to 25 minutes, until sweet potato is soft.
- Meanwhile, place the drained and rinsed chickpeas into a clean dish towel or paper towels and dry well. Transfer to a mixing bowl and add the remaining ½ tablespoon olive oil, garlic powder, onion powder and paprika. Stir to combine.
- Heat a large skillet over medium heat and add chickpeas. Toast 12 to 15 minutes, until warmed through and slightly crunchy.
- Once sweet potatoes are soft, remove soup from heat and allow to cool slightly. Pour half the soup into a blender with the center piece removed from the lid to allow steam to escape. Blend until smooth. Repeat with remaining half of soup, then combine. (An immersion blender can be used to puree the soup instead.)
- Serve topped with crunchy chickpeas.

FULL PANTRIES, FULL HEARTS

There are some well-stocked pantries across the City of Newark courtesy of the Dunkin' Joy in Childhood Foundation, which funded a food pantry distribution project through the Community Wellness Services Department at Newark Beth Israel Medical Center (NBI) and Children's Hospital of New Jersey. A team of registered dietitians assembled pantry staple kits featuring whole grains and lean protein. During farmers markets and community meal events, RWJBarnabas Health's Wellness on Wheels team distributed nearly 300 kits along with recipes to families from our partner organizations, including the Greater Newark Conservancy, Unified Vailsburg Services Organization, and Ironbound Community Corporation. The Dunkin' Joy in Childhood Foundation is a longtime supporter of food security initiatives at NBI.

To support this or any of NBI's programs, please visit www.newarkbethgiving.org or call 973.926.7018.



Rajiv Verma, MD, Director, Children's Heart Center at Children's Hospital of New Jersey at Newark Beth Israel Medical Center meets with Lauren Elsky and her family. From left: Rena Jordan, Vice President of Development, Sara Elsky, Hannah Elsky, Dr. Verma, Lauren and Scott Elsky.

PAYING IT FORWARD

A FORMER PATIENT RAISES FUNDS FOR HOSPITALIZED CHILDREN.

Lauren Elsky had a very personal idea for her Bat Mitzvah project: to support the Child Life Department at Children's Hospital of New Jersey (CHoNJ) at Newark Beth Israel Medical Center.

Lauren herself had been a patient at CHoNJ at the age of three. She was born with pulmonary stenosis, a birth defect of the heart. "That's when your heart valve doesn't open and close properly," she explains.

Lauren needed a cardiac catheterization procedure to repair her obstructed pulmonary valve. The procedure was done by Rajiv Verma, MD, a pediatric and adult congenital heart disease specialist, Director of the Children's Heart Center at CHoNJ

and a member of RWJBarnabas Health Medical Group.

"After the surgery, I had to lay completely still for six hours, which is really hard for a 3-year-old to do," Lauren recalls. "Luckily for me, I had such great and caring parents. They went to Learning Express and asked them to individually wrap a ton of toys to keep me busy and still for those very long six hours. As lucky as I was, I know that many other kids are not. This is why my mitzvah project is to raise money to purchase toys for kids in the Pediatric Cardiothoracic Intensive Care Unit."

Ten years after that experience, Lauren presented a check for the \$4,000 she had raised to Dr. Verma. Thanks

to her donation, hospitalized children will have access to a variety of toys and games—distractions that help minimize the stress and anxiety that pediatric patients often experience during a hospital stay or medical procedure.

"I happened to be part of the multidisciplinary team at Children's Hospital of New Jersey that took care of her," says Dr. Verma. "I am so happy for Lauren and proud of her endeavors. It is so nice to hear about how our children progress as they grow older."

According to her mother, Lauren also is interested in becoming a pediatric cardiologist when she grows up. "That is a good career choice!" says Dr. Verma. His advice to Lauren is to follow her heart.

To support programs and services at Newark Beth Israel Medical Center and Children's Hospital of New Jersey, call **973.926.7018** or visit www.newarkbethgiving.org.





FAST ANSWERS FOR VERY SICK BABIES

ADVANCED GENOMIC TESTING RESULTS ALLOW DOCTORS TO BEGIN TARGETED TREATMENT WITHIN DAYS.

Baby girl Frankie was born early—at 35 weeks—but all seemed well, except for some minor health complications that kept her in the Neonatal Intensive Care Unit (NICU) at Cooperman Barnabas Medical Center (CBMC).

However, within a few days of birth, Frankie had developed severe blisters on her feet and was losing skin.



KAMTORN VANGVANICHYAKORN, MD

Even routine screenings now posed a risk, and the baby was vulnerable to life-threatening bacteria entering her body. Her family was afraid to

hold her. A diagnosis was needed, right away.

Not long ago, genetic testing for infants could test just a few genes at a time, and results took weeks or months to come back. But thanks to a collaboration between Rady Children's Institute for Genomic Medicine and RWJBarnabas Health (RWJBH), Level III and Level IV NICUs in the RWJBH system can offer rapid Whole Genome Sequencing (rWGS). For medically urgent cases, preliminary diagnoses are available in three to five days.

Using a blood sample, rWGS can scan a child's entire genetic makeup for thousands of anomalies. The test results provide vital information that leads to individualized care and fewer costly, invasive procedures.

"Rapid genome sequencing is a game changer," says Kamtorn Vangvanichyakorn, MD, Director of Neonatology at CBMC. "It allows us to provide critical answers and targeted treatment at a time when the therapeutic window is often narrow."

"A SENSE OF RELIEF"

The testing revealed that Frankie has a type of epidermolysis bullosa (EB), a rare group of diseases that are most often caused by a genetic mutation. Frankie's mother, Jeri Berinato, knew that her own mother lived with a severe form of EB, leading to constant blistering and pain, difficulty swallowing, loss of her fingernails and dental problems.

"As soon as we received the results, I felt a huge sense of relief," Jeri says. "Not knowing what was wrong with my beautiful newborn baby was the worst feeling I've ever had. Now I know that, with proper care from the beginning, Frankie will have a much better quality of life than my mom has."

In addition to CBMC, rWGS is available to critically ill infants at Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital; the Unterberg Children's Hospital at Monmouth Medical Center; Children's Hospital of New Jersey at Newark Beth Israel Medical Center; and Jersey City Medical Center.

The use of rWGS at RWJBH came about through a long-standing partnership between Rady Children's Hospital in San Diego, the parent organization of Rady Children's Institute for Genomic Medicine, and Children's Specialized Hospital, an RWJBH facility.

"We're proud to be the only health system in New Jersey to partner with Rady Children's to offer rapid genetic testing," says William Faverzani, Senior Vice President of Children's Services at RWJBH. "With this test, our physicians have access to cutting-edge technology, enabling them to intervene quickly to improve the lives of our tiniest patients and their loved ones."

To learn more about rapid Whole Genome Sequencing at RWJBarnabas Health, visit www.rwjbh.org/pediatricgeneticstesting.



HOW COVID-19 IS RESHAPING HEALTHCARE

A CRISIS HAS LED TO SOME BIG CHANGES FOR THE BETTER.

COVID-19 created challenges that healthcare providers had never experienced in their careers. But the pandemic, while taking a toll on providers and patients alike, has also



ANDY ANDERSON, MD



JOHN BONAMO, MD

enabled the discovery of deep reserves of resilience and innovation. “Many of the changes we’re seeing in healthcare,” says John Bonamo, MD, Chief Medical and Quality Officer at RWJBarnabas Health, “are good things that came out of a terrible situation.” Here are six examples:

1 The rise of telehealth.

The technology for video healthcare visits has existed for decades, but providers as well as patients resisted virtual care—until the onset of

COVID-19 and social distancing.

“Before the pandemic, we were doing some virtual urgent care visits, but not routinely doing scheduled visits,” says Andy Anderson, MD, President and CEO, Combined Medical Group of RWJBarnabas Health and

Rutgers Health. “However, at the peak of the pandemic we were doing 10,000 scheduled visits weekly, and even today we continue to do thousands each week.”

The increased

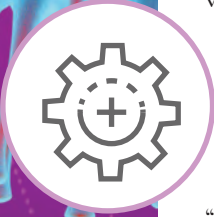




2 Increased awareness of preventing the spread of disease.

In response to the pandemic, healthcare providers have redoubled their efforts to sanitize spaces and even filter the air, and the use of hand sanitizer and disinfectant wipes has become commonplace.

“We’ve always been committed to infection control through our system-wide journey to become a high reliability organization,” says Dr. Bonamo. “We amplified those principles to keep our facilities even safer, such as using new ventilation techniques, employing UV-C lights to clean rooms, paying continued attention to visitation policies and more.”



3 Enhanced teamwork.

“At the peak of the pandemic, the needs were so great that our people began working together much more collaboratively,” says Dr. Bonamo. “Instead of staying in their own lane and handing off a patient or a procedure to a specialist, providers worked together—respiratory therapists teamed with nurses, primary care doctors worked in intensive care units at the elbow of intensivists, and so on. We learned how professionals can be ‘skilled up’ and trained to help in a crisis, and that has broken down levels of hierarchy and increased esprit de corps.”



4 An emphasis on mental well-being.

“Mental health has become a bigger issue due to the pandemic. People are afraid of becoming ill, they may have greater financial burdens and they’re missing social interaction,” says Dr. Anderson. “Our behavioral health providers have been very busy.”

All kinds of healthcare providers are tuning in to their patients’ state of mind. “As doctors, we realize the importance of reaching out to people and asking them how they’ve been doing during the

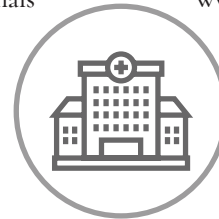
pandemic,” he says. “Everybody has a story, and it’s important for us to take the time to listen and, if necessary, become an advocate or a resource for the patient.”

That kind of outreach is equally important for people who work in healthcare, Dr. Anderson says: “In the RWJBarnabas Health Medical Group, we set aside time each week to text or call people we work with to see if they’re doing OK, and provide help or a note of encouragement as needed.”



5 A brighter spotlight on healthcare disparities.

“At RWJBarnabas Health, we’ve had an ongoing and important system-wide effort in regard to social justice and anti-racism,” says Dr. Bonamo. “However, the disparity in the rates of COVID-19 sickness and death among people of color was so blatant that it brought many things to the surface and made us, as well as the healthcare industry as a whole, take a closer look. We’ve realized that saying ‘we treat everybody the same’ isn’t enough because some populations have many more resources than others.” To learn more about RWJBarnabas Health’s Ending Racism Together initiative, visit www.rwjbh.org/endingracism.



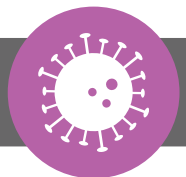
6 A new flexibility.

“Healthcare is intensely regulated, and because of that we have a tendency to be very prescriptive about what we can do and how we do it,” says Dr. Bonamo. “The COVID-19 need was so intense that we had to learn to be more flexible. For example, medical-surgical floors were turned into ICUs and we learned, OK, it may not be the ICU we would have built, but we can make this work. A lot of the old regulations were lifted during COVID-19, which enabled us to be flexible, but some of what we had been doing was just a result of old habits. Now we’ve expanded our horizons and have become much more nimble.”

demand led to technology upgrades, he says, such as making it easier to have visits that include multiple attendees—patient, family members, other providers or an interpreter if needed.

“Telemedicine has opened up access for patients, who can stay in a home environment to get the healthcare they need, whether it’s acute, chronic or preventive, and that will continue,” Dr. Anderson says. “We’re moving toward a good balance of in-person and remote appointments so patients can receive care more efficiently and effectively.”

For resources and information about COVID-19, visit www.rwjbh.org/covid19.



CHILDHOOD CANCER: FINDING THE BEST CARE

WORLD-CLASS PEDIATRIC
HEMATOLOGY/ONCOLOGY
SERVICES ARE CLOSE TO
HOME FOR NEW JERSEYANS.

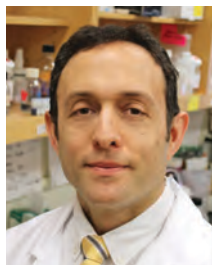


JODI CRANDELL PHOTOGRAPHY



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

“Cancer doesn’t travel well—especially cancer in children,” says Peter Cole, MD, Chief of the Division of Pediatric Hematology/



PETER COLE, MD

Oncology at Rutgers Cancer Institute, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center. “New Jersey families dealing with a

diagnosis as significant as cancer shouldn’t have to leave their neighborhood and support systems to travel to another state for treatment.”

The Pediatric Cancer Center at Rutgers Cancer Institute partners with RWJBarnabas Health (RWJBH) facilities throughout the state to provide the most advanced treatments for children with cancer and blood disorders.

“I tell my friends and family and anyone who asks that whenever you get an unexpected diagnosis, it’s always good to get a second opinion,” Dr. Cole says.

◀ The \$10 million in state funding was championed by Grace Eline, a 12-year-old survivor of brain cancer and a childhood cancer awareness advocate, and her mother, Aubrey Eline, in collaboration with the American Childhood Cancer Organization. Grace was treated at Rutgers Cancer Institute and Children's Hospital of New Jersey at Newark Beth Israel Medical Center.

“But when you have the option to get cutting-edge care close to home, where you have access to your support system, you should do it. At Rutgers Cancer Institute and RWJBarnabas Health, your child will get the highest level of expertise and treatment, right here in New Jersey.”

The pediatric hematology/oncology team takes a multidisciplinary approach to providing the most advanced treatments for pediatric cancer and blood disorders, such as complex surgical techniques, precision medicine, immunotherapy and innovative radiation therapy procedures, including the state's only hospital-based proton therapy center. In addition, as New Jersey's only NCI-Designated Comprehensive Cancer Center, Rutgers Cancer Institute offers access to cutting-edge clinical trials and cellular therapies that may not be available at other programs.

A HOLISTIC APPROACH

The specialists at Rutgers Cancer Institute and RWJBH know that, in addition to treating the body, it's important to pay close attention to the emotional and social challenges of the patient and family. “A diagnosis of cancer turns a family's life upside down, so we have a robust psychosocial support team to address the needs not just of the patient, but of parents and siblings as well,” says Dr. Cole. That team includes psychiatrists, psychologists, counselors, social workers, nutritionists and educators.

“We're committed to keeping kids on top of their studies,” says Dr. Cole. “At Rutgers Cancer Institute, we have a full-time teacher on staff in the building on school days. I'll often sit with our patients and do math problems with them, though I suspect I may enjoy that much more than they do,” he says with a laugh.

He recalls a teenage patient who had acute lymphoblastic leukemia, the most common cancer in children but also one of the most curable. “He had to spend the first month of treatment in the hospital, away from his support network of friends and coaches,” says Dr. Cole. “Some of the side effects of his treatment, such as vomiting, were



CENTERS FOR EXCEPTIONAL CARE

RWJBarnabas Health and Rutgers Cancer Institute of New Jersey partner to provide world-class care to New Jersey cancer patients. Specialists from the Pediatric Cancer Center at Rutgers Cancer Institute work with experts to provide care at the following RWJBarnabas Health facilities:

- Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital, New Brunswick, under the direction of Peter Cole, MD, Chief, Division of Pediatric Hematology/Oncology
- The Valerie Fund Children's Center for Cancer and Blood Disorders at Children's Hospital of New Jersey at Newark Beth Israel Medical Center, under the direction of Teena Bhatla, MD, Director, Pediatric Hematology/Oncology
- The Valerie Fund Children's Center for Cancer and Blood Disorders at the Unterberg Children's Hospital at Monmouth Medical Center, Long Branch, under the direction of Richard Drachtman, MD, Section Chief, Clinical Pediatric Hematology/Oncology

Children with cancer or blood disorders are also seen for consultations at Cooperman Barnabas Medical Center in Livingston.

miserable, and he was embarrassed to lose his hair. He was depressed, but he received the support he needed from our psychosocial team.

“I'm happy to report that he's doing much better now. He's back in school on a modified schedule and if he needs any continued support from our team as he fully reenters his routine, we'll be there for him.”



AN INFUSION OF FUNDS FOR RESEARCH

Survival rates for children with cancer have improved significantly in the past 50 years, but pediatric cancer remains the leading cause of death from disease among children. It is among the least funded areas of cancer research.

Advocates cheered when a \$10 million appropriation to support pediatric cancer research at Rutgers Cancer Institute was included in the New Jersey 2022 state budget.

“The funding allows us to expand our ongoing efforts. One of our areas of focus is research in children that will help reduce acute side effects of treatment and the risk of it resulting in long-term organ damage,” explains Peter Cole, MD, Chief of the Division of Pediatric Hematology/Oncology and Embrace Kids Foundation Endowed Chair at Rutgers Cancer Institute, who is also Director, Pediatric Hematology, Oncology and Cellular Therapies at Bristol-Myers Squibb Children's Hospital and Professor of Pediatrics at Rutgers Robert Wood Johnson Medical School. Dr. Cole's laboratory is also supported by the Hugs for Brady Foundation.

“Another area of focus is bringing innovative treatment modalities to children with cancer and blood disorders,” Dr. Cole says, “including cellular therapies like CAR T-cell therapy, blood and marrow transplants and immunotherapies, which use the patient's own immune cells to fight cancer.”



HEADING OFF WINTER HEART ATTACKS

READ THIS BEFORE YOU SHOVEL SNOW.

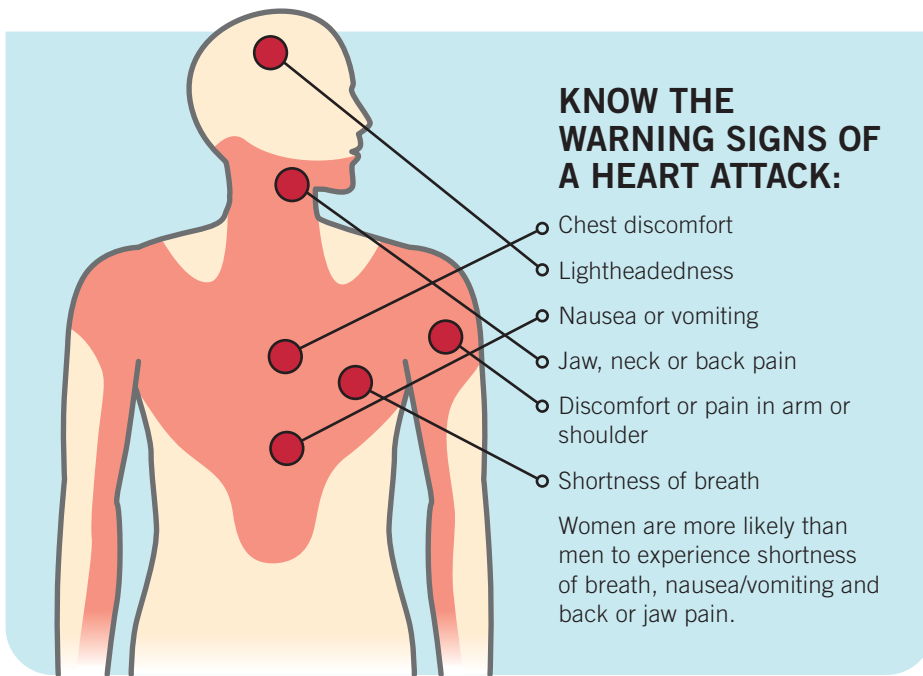
Winter is prime time for heart attacks, as research studies show and doctors know all too well. “It’s expected in the hospital community that we’ll see a bump in the number of heart attacks coming in during the winter season, especially around the holidays and during the first couple of months of the year,” says Isaac Tawfik, MD, Chief of Cardiology at Monmouth Medical Center and a member of RWJBarnabas Health Medical Group.

“It’s been theorized that if your core temperature is lower because you’re outside and not really bundled up, the body’s natural response is for arteries to vasoconstrict, or to narrow,” Dr. Tawfik explains. “If somebody already has a narrowing or blockage in the artery, it’s going to interfere with normal blood flow, and that’s the definition of a heart attack.”



ISAAC TAWFIK, MD

Ruptured plaque is another main culprit for heart attacks in cold weather, he says. “Any exertional work that’s heavy and not gradual, like



KNOW THE WARNING SIGNS OF A HEART ATTACK:

- Chest discomfort
- Lightheadedness
- Nausea or vomiting
- Jaw, neck or back pain
- Discomfort or pain in arm or shoulder
- Shortness of breath

Women are more likely than men to experience shortness of breath, nausea/vomiting and back or jaw pain.

shoveling snow, puts stress on coronary arteries. If those arteries have plaque, it may crack or rupture, which can lead to a whole cascade of platelet aggregation and other inflammatory mediators that eventually lead to a heart attack.”

In winter, middle-aged patients—people in their 40s, 50s, 60s—may be more prone to heart attacks than seniors. “They feel that they’re healthy enough for shoveling snow and other types of outdoor exertion, so they don’t warm up first and may not wear warm enough clothing,” Dr. Tawfik says.

Unlike older patients, they may be unaware of their limitations, he notes, and may not understand the possible consequences of existing conditions, such as hypertension, uncontrolled diabetes or tobacco use. The risk of a heart attack increases with every additional risk factor a person has.

“All of this is not to say that shoveling snow is automatically going to give you a heart attack,” says Dr. Tawfik. “What we are saying is that if you have known heart disease, or one or more risk factors for heart disease, you should think carefully before going out to shovel snow.”

SAFEGUARD YOUR HEART

How can people protect themselves against heart attacks in cold weather? “Number one, make sure you speak to your doctor so that any risk factors you have are addressed—if you have hypertension, that your blood pressure is well controlled, if you are diabetic, that your blood sugar is under control, if you are a smoker, that you are working on a cessation plan,” says Dr. Tawfik.

Stay warm when you’re outside and take frequent breaks to go inside and assess how you feel. “If you’re breathing in cold air, it cools your chest a little bit. You don’t necessarily have the burning in the chest that can be a symptom until you go inside,” he says. “Do the work in short intervals so you’re not outside for hours at a time.”

Be aware of anything different in the way you feel. “A heart attack symptom doesn’t have to be chest pain, because not everybody gets that. If you’re nauseous, or if you’re more fatigued or breathless than you expected to be, those can be red flags,” he says.

Dr. Tawfik shows his patients images that illustrate their cardiovascular condition—an X-ray, an ultrasound, a



HOW COLD WEATHER AFFECTS THE HEART

- Low temperatures cause blood vessels and arteries to narrow.
- Blood flow is restricted and the delivery of oxygen to the heart is reduced.
- The heart must pump harder to circulate blood through the constricted blood vessels.
- As a result, blood pressure and heart rate increase.
- A sudden spike in blood pressure, especially when combined with exertion such as shoveling, can lead to heart attack or stroke.
- Narrowing of or stress on coronary arteries may lead to plaque rupture and blood clots that block blood flow to the heart.
- Hypothermia—when body temperature drops below 95 degrees Fahrenheit—affects the workings of the heart, nervous system and other organs.

CT scan—as a means of helping them grasp their risks. “If I have a patient who’s 60 years old and I can tell him his risk for heart disease in the next 10 years is X versus someone who didn’t have those risk factors, they tend to be more compliant,” he says.

Dr. Tawfik advises his patients to consult their primary care physician or cardiologist before undertaking any high-effort physical activity in cold weather. “It’s like driving your car and putting a seat belt on,” he says. “It’s always best to err on the side of safety.”

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at RWJBarnabas Health, call **888.724.7123** or visit www.rwjbh.org/heart.





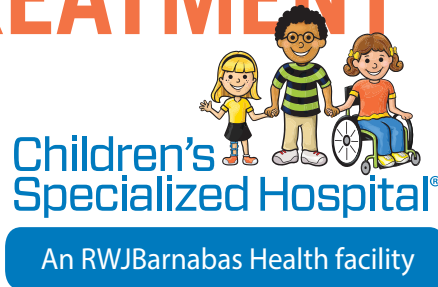
SPECIAL NEEDS, SPECIAL TREATMENT

NEW LOCATIONS PROVIDE MORE WAYS TO HELP CHILDREN FULFILL THEIR POTENTIAL.

For more than a century, children or adolescents who face special health challenges—from chronic illnesses to complex physical disabilities to developmental or behavioral issues—have been able to turn to Children’s Specialized Hospital (CSH) for inpatient and outpatient care.

Since its 1892 origin as a “summer haven” in Westfield for city children, CSH continued to grow until it became the largest provider of pediatric rehabilitation services in the United States, with locations throughout New Jersey.

Now, in response to an increasing number of outpatient visits and the rising rates of emotional, developmental and behavioral disorders in children and adolescents, CSH is expanding access to the highest level of care. Four new CSH locations, each with state-of-the-art facilities and located close to major highways and bus



routes, have opened or soon will open: **WEST ORANGE:** CSH is now managing the Pediatric Rehabilitation Services of its affiliate hospital, Cooperman Barnabas Medical Center, at 375 Mt. Pleasant Avenue.

UNION: All outpatient services offered at CSH’s Mountainside and Warren locations have transitioned to this new, advanced facility at 2840 Morris Avenue.

EATONTOWN: In the spring, Monmouth Medical Center and CSH will open RWJBarnabas Health Family Care & Wellness, located at the Monmouth Mall.

TOMS RIVER: Next year, a brand-new, 80,000-square-foot facility on Route 37 will replace the current CSH Toms River locations. The clinical space will be shared with RWJBarnabas Health Children’s Services and Community Medical Center, which will provide an ambulatory surgery

Children with a wide range of needs receive individualized care at CSH locations throughout New Jersey.

center, imaging, preadmission testing, primary care and orthopedics.

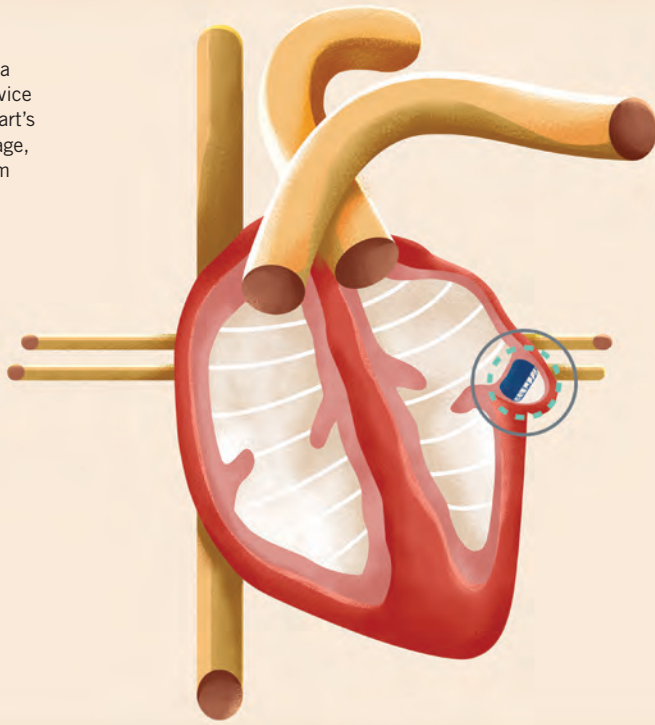
All CSH facilities offer the most advanced technology and a full suite of therapy and physician services, including developmental and behavioral pediatrics, neurology, special needs primary care, physiatry, psychiatry, audiology, neuropsychology, neurorehabilitation, nutrition, occupational therapy, physical therapy, psychology, and speech and language therapy.

“Our vision is a world where all children can reach their full potential,” says Matthew B. McDonald III, MD, President and CEO, CSH. “In order to make that vision a reality, we must continually enhance access to our innovative and individualized therapies and medical treatments. These new sites not only serve as additional access points for our current patients and families, but as an introduction to new communities of patients and families who may need our services.”

For more information about Children’s Specialized Hospital, call **888.244.5373** or visit www.rwjbh.org/childrensspecialized.

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. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Eatontown, Egg Harbor Township, Hamilton, Jersey City, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.

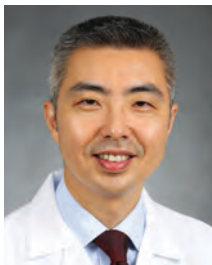
The Watchman is a self-expanding device that closes the heart's left atrial appendage, blocking clots from escaping.



A NEW WAY TO PREVENT BLOOD CLOTS

A MINIMALLY INVASIVE PROCEDURE REDUCES THE RISK OF STROKE FOR PEOPLE WITH AFIB.

Inside the heart lies a little-known structure called the left atrial appendage (LAA), a pouch in one of the heart's chambers. It's unclear what function, if any, the LAA performs in a normally functioning heart. "The LAA is similar to the appendix," explains John Shao, MD, an interventional cardiologist at Newark Beth Israel Medical Center (NBI) and a member of RWJBarnabas Health Medical Group. "It's important as the body develops, but once you're born, you can do without the LAA."



JOHN SHAO, MD

The LAA can cause problems, however, if a person has atrial fibrillation (AFib), an abnormal heart rhythm that increases the risk of developing a blood clot or having a stroke. Potentially life-threatening blood thickening is especially likely to occur in the LAA, which is filled with tiny pockets where blood cells can easily stick together.

Now, NBI has the capability to seal off the LAA and eliminate its clot risks with a minimally invasive treatment that deploys a device called the Watchman FLX.

"This treatment has emerged as a key therapy to treat stroke risk from AFib over the past few years," Dr. Shao says. "RWJBarnabas Health hospitals offering specialized care have implanted more

than 500 Watchman devices. We're very experienced in its use."

ALTERNATIVE TO BLOOD THINNERS

In a procedure that takes an hour or less, a cardiologist threads a catheter from the groin to the heart's left atrium. There, it delivers the Watchman device under ultrasound guidance.

The device, collapsed while inside the catheter, opens like an umbrella when it reaches the LAA. Eventually, heart tissue grows over the permanently implanted fabric-capped nickel titanium device and keeps clots in the LAA from entering the bloodstream. Most people go home the day after implantation.

Not everyone with AFib needs a Watchman implant. "Most patients take blood thinners to reduce the risk of blood clots, blockages and stroke," Dr. Shao says. "But a range of problems can occur with blood thinners in the long term, such as bleeding, anemia and bruising. Also, we often prefer avoiding blood thinners in patients with other medical conditions that put them at risk of fainting or falling."

Many patients receiving the Watchman can go off blood thinners and instead take less potentially problematic medications, such as aspirin.

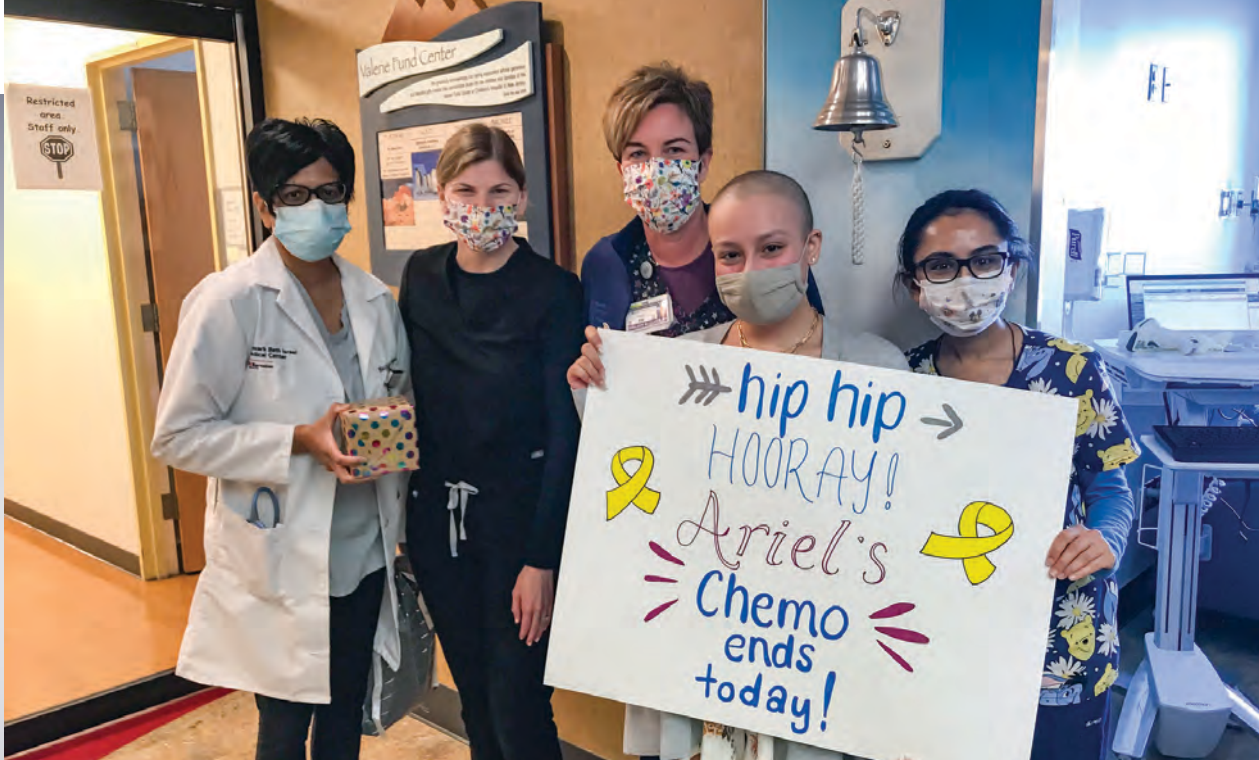
The Watchman's relative safety has been well established in studies, Dr. Shao says. "It causes no change in heart pumping function or movement of blood through the heart's chambers," he says. "There's little downside."

Until this minimally invasive system became available, sealing the LAA might have been done as part of open heart surgery, Dr. Shao says.

"The Watchman is one more way Newark Beth Israel Medical Center is offering patients the most sophisticated cardiac technology and procedures in our community," he says. "We've got everything you need right here."

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at NBI, call **888.724.7123** or visit www.rwjbh.org/heart.





GOODBYE CANCER, HELLO

A TEAM OF TOP EXPERTS HEALS A TEEN WITH HODGKIN LYMPHOMA.

Ariel Santos's senior year of high school should have been a time of excitement and anticipation, but it was quite the opposite. In November 2020, she noticed a lump in her groin. It wasn't sore or painful, just uncomfortable. By the time she showed it to her mother, it was the size of a tennis ball.

"It was late and I was getting ready for bed," recalls her mother, Ingrid. "I could see this lump through her pajama pants. I was alarmed, but tried not to show it."

The next day, Ariel saw her pediatrician, who thought the lump was probably benign and referred Ariel to Newark Beth Israel Medical Center (NBI) to see if it could be removed.



HARINI RAO, MD



RAHUL PARIKH, MD

There, imaging studies revealed that Ariel should see pediatric oncologist Harini Rao, MD, at the Valerie Fund Children's Center for Cancer and Blood Disorders at Children's Hospital of New Jersey (CHoNJ) at NBI.

Until then, the word "cancer" had not been part of the Santos family's vocabulary. "I'm embarrassed to say I didn't even know what an oncologist was," Ingrid admits. "When I looked it up, I was like, 'Oh, my goodness.'"

When Ariel and Ingrid met Dr. Rao, they were impressed by her compassion and thoroughness. "She checked Ariel from head to toe, asked a million questions, did blood work and all kinds of tests, including a biopsy," says Ingrid.

Just before New Year's Eve, Dr. Rao called with the news: Ariel had Hodgkin lymphoma, a cancer most frequently diagnosed in people between 15 and 30 years of age and those over 55. Hodgkin lymphoma accounts for 16 percent of cancers diagnosed in adolescents in the U.S. It is highly curable, particularly when diagnosed early like Ariel's was.

"Ariel didn't know what Hodgkin lymphoma was," says her mom. "When we told her, she broke down crying. We told her she was going to be fine, but she'd have to go through a long rough patch."

CARE AND COLLABORATION

Ariel had the benefit of a partnership between RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only NCI-Designated Comprehensive Cancer Center. Her care was led by Dr. Rao and Rahul Parikh, MD, Medical Director, Laurie Proton Therapy Center at Robert Wood Johnson University Hospital (RWJUH) and radiation oncologist at Rutgers Cancer Institute.

"While Dr. Parikh and I work in different locations, we've collaborated and shared patients for years," explains Dr. Rao. "We have a regular pediatric hematology/oncology videoconference where we brainstorm about cases and develop treatment plans."

This multidisciplinary tumor board includes surgeons, oncologists, radiation



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RWJBarnabas Health and the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center, together 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 options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

FUTURE

oncologists and other specialists from NBI, Rutgers Cancer Institute and RWJUH.

“In discussing Ariel’s case, it was fairly clear what her treatment would be,” explains Dr. Rao. “The standard therapy for early-stage Hodgkin lymphoma can include combined modality therapy: first, chemotherapy, followed by imaging to evaluate the response.

“If a response is favorable, a patient would then move on to receive radiation therapy, which commonly leads to the best outcomes.”

In mid-January Ariel began her treatment at CHoNJ: three days of chemotherapy in the hospital every 21 days.

Through the treatments, despite battling nausea and vomiting, Ariel diligently focused on virtual school. Taking the few classes she needed to

graduate, she met with her teachers on weekly FaceTime calls. “The teachers were wonderful,” Ingrid says. “They helped her stay on track to graduate.”

PROTON THERAPY

Ariel had an outstanding response to chemotherapy. In May, she began a course of 14 treatments of proton therapy, an advanced form of radiation therapy.

Dr. Parikh cared for Ariel in this stage of treatment at the Laurie Proton Therapy Center at RWJUH, the only hospital-based proton therapy center in New Jersey.

The benefit of proton therapy is that it is precisely controlled. Physicians can target the proton beam directly to the tumor area, protecting the surrounding healthy tissue. Because of this, it’s a game

Far left, Ariel Santos (second from right) along with her care team celebrating her last day of treatment at the Valerie Fund Children’s Center at CHoNJ; center, Ariel, on exam table, with her father, mother and two siblings; at right, Ariel on prom night.

changer for pediatric patients with cancer.

“A patient like Ariel has reached her adult height, but she’s still a teenager, and her organs are still developing,” says Dr. Parikh. “With proton therapy, we can spare those organs in her pelvis—her ovaries, bowel, rectum and bladder.”

Ariel finished the treatments in under three weeks and went to her senior prom the next day. Thanks to a talented hairdresser, no one would have guessed she’d lost her hair to chemotherapy.

A few days later, she attended her high school awards ceremony and received a scholarship. The money will be put to good use as she heads off to college.

Ariel’s prognosis is excellent, her doctors say. “Ariel is not thinking about cancer anymore,” says her mom. “She’s excited to start her college studies and go for her goals.”

To learn more about the Valerie Fund Children’s Center for Cancer and Blood Disorders at the Children’s Hospital of New Jersey at Newark Beth Israel Medical Center, call **973.926.7161** or visit www.rwjbh.org/childrenshospital.



Tiana Waters is healthy and happy after successful treatment for a rare congenital heart disorder.



HEALTHY EVER AFTER

THANKS TO SUCCESSFUL OPEN HEART SURGERY, A 5-YEAR-OLD LOOKS FORWARD TO A LONG, ACTIVE LIFE.

Tiana Waters likes to go to the park with her mom and baby brother. She loves riding her bicycle and scooter, and playing with her LOL dolls. She just started in-person kindergarten.

In every way but one, she's a typical, happy 5-year-old. This past August, Tiana had open heart surgery at Children's Hospital of New Jersey (CHoNJ) at Newark Beth Israel Medical Center (NBI). Tiana had mitral valve regurgitation, a condition where the valve doesn't close tightly, allowing some blood to flow backward. If untreated, it can eventually cause heart rhythm problems or even heart failure.

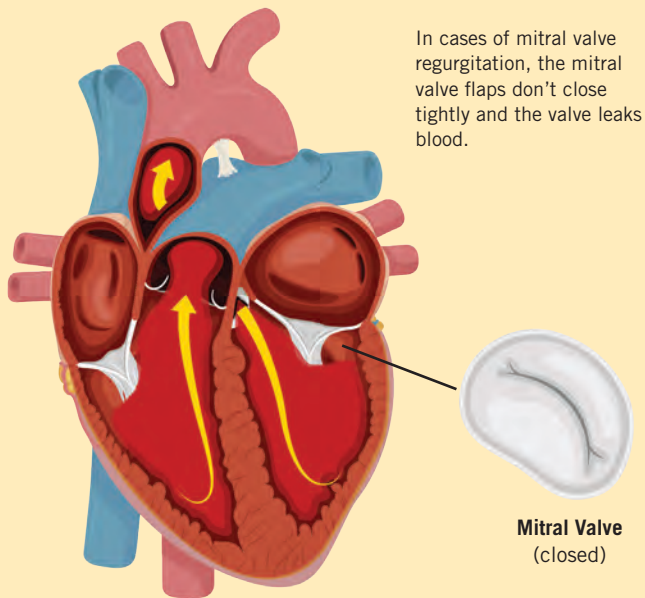


ROWAN WALSH, MD

"Letting her have the surgery at such a young age was a hard decision," admits her mother, Beverly Mitchell. "But I had to think about my daughter's future."

A CONCERNING CONDITION

Tiana was born on July 10, 2016, six weeks early, weighing 4 pounds, 9 ounces. In spite of her early arrival, Tiana was



healthy except for some jaundice. She spent a few days in the Level IV Neonatal Intensive Care Unit at NBI and went for checkups at the Pediatric Health Center at CHoNJ.

All was well until Tiana's pediatrician heard a heart murmur during the little girl's 2-year-old well child checkup. She was referred to Rowan Walsh, MD, Director of Pediatric Imaging at CHoNJ and a member of RWJBarnabas Health Medical Group.

"Tiana's evaluation included an EKG and echocardiogram," says Dr. Walsh. The echocardiogram showed mitral valve leakage, or regurgitation, resulting from a congenital (present at birth) abnormality of the mitral valve.

"The mitral valve regurgitation had caused enlargement of the left side of Tiana's heart, but Tiana was completely asymptomatic," says Dr. Walsh. The little girl was growing well and thriving, so Dr. Walsh recommended that the condition be monitored, and Tiana took medication to stop it from progressing. "With subsequent follow-ups, however, we saw that the condition was worsening," he says. When Tiana was almost 4 years old, he broached the possibility of surgery.

"He said the surgery wasn't a rush, because Tiana was not symptomatic," Beverly recalls. "But he also said that if we waited too long, she could develop symptoms from heart failure."

The options for surgery were discussed: repairing the valve versus replacing the valve. "Repair is optimal because if the valve needs to be replaced, Tiana would need to take anticoagulation medication for the rest of her life," says Dr. Walsh.

The toughest decision was determining how long the operation could be safely postponed. "The fact that Tiana wasn't having any symptoms just added to the dilemma," explains Dr. Walsh. "You have a young patient who looks perfectly well, but the heart doesn't look well. We think of the long game, the years ahead, the years of playing sports, adolescence. We wanted to set Tiana up for that."

A FAMILY DECISION

Beverly turned to her extended family for support. She held a family meeting at the hospital so everyone could hear what Dr. Walsh and renowned pediatric cardiothoracic surgeon Emile Bacha, MD, had to say. Dr. Bacha and John Karamichalis, MD, would be performing Tiana's surgery as part of an innovative partnership with New York-Presbyterian Morgan Stanley Children's Hospital.

Besides Beverly, Tiana's dad, aunt, great-uncle and grandfather were there. The doctors presented the case for surgery and explained the options. "Any family who hears that a child needs open heart surgery is devastated," says Dr. Walsh. "It was a tough afternoon for them."

Beverly decided to wait until after Tiana's fifth birthday this past July and scheduled her surgery on August 13. "I've never been so scared in my life," she admits.

Once again, Beverly had her family with her. "Everyone who was at the meeting was in the hospital with me, plus more," she says. "My twin sister was there, my daughter's great-grandmother, my sister's friend. Both her aunts from her dad's side. Tiana definitely had a big support system."

Tiana was in surgery for several hours, including an hour and a half on a cardiopulmonary bypass machine, which took over her body's breathing and blood-pumping functions while surgeons repaired the leaky valve.

The surgery was a success, and Tiana was able to return home after five days in the hospital. "They were able to repair it," says Beverly with relief. "They did a fantastic job."

"Tiana was a very, very good patient," says Dr. Walsh. "I still find it amazing how pediatric patients pull through major open heart surgery and do so well. Tiana was one of those kids. That's a reflection of her spirit, how happy a child she is and her supportive family." Tiana will be checked periodically for the rest of her life to make sure the condition doesn't recur, but the hope is that she will never need more surgery.

Just seven weeks after her operation, Tiana was cleared to participate in all age-appropriate activities. She can now run and play with her classmates. In fact, these days, the only sign that Tiana had heart surgery is the scar down the center of her chest. "I told her, 'That's your warrior mark,'" says Beverly. "Those doctors saved your life."

GET IT CHECKED



Whoever your heart beats for, our hearts beat for you. To learn more about pediatric cardiology at Children's Hospital of New Jersey at Newark Beth Israel Medical Center, call **888.724.7123** or visit **www.rwjbh.org/heart**.

HEART ATTACK: WHAT'S DIFFERENT FOR WOMEN?

CHEST PAIN IS A COMMON SYMPTOM, BUT WOMEN OFTEN EXPERIENCE LESS OBVIOUS SIGNS.

Women and men don't necessarily have the same heart attack symptoms. "Chest pain can be a symptom of a heart attack, but it's not the main or only one," says Gautam Visveswaran, MD, an interventional cardiologist at Newark Beth Israel Medical Center (NBI). "For women, the symptoms may be harder to tease out. Because these symptoms are more subtle than sharp, sudden chest pain, many women ignore them or mistakenly attribute such signs to the flu, indigestion or just the aches and pains of getting older."



GAUTAM VISVESWARAN, MD

Risk factors for a heart attack include age, high blood pressure, high cholesterol, obesity, diabetes, smoking, excessive alcohol use, an unhealthy diet, lack of exercise, having a family history of heart disease, cardiac issues related to pregnancy, and congenital heart issues.

"The more information you and your doctors have about your risk factors and the state of your heart health, the more you can minimize your chance of having a heart attack," says Dr. Visveswaran. "Women should seek preventive care early, especially if they smoke or have a family history of heart disease."

7 STEPS TO A HEALTHIER HEART

- 1 Visit your primary care physician** for a yearly physical and risk factor assessment. Risk factor modification and preventive medications, particularly those aimed at cholesterol, blood pressure and diabetes management, can greatly reduce the future risk of heart disease.
- 2 Go for a walk.** Walking at a brisk pace for 30 minutes, five days a week can lower your risk for heart attack and stroke.
- 3 Get enough sleep.** Adults need at least seven hours a night, according to the Centers for Disease Control and Prevention.
- 4 Eat a healthy diet,** one that's rich in fruits, vegetables, nuts and whole grains. Minimize red meat and processed meats, as well as saturated fats and sugar.
- 5 Avoid overeating.** Heavy meals have been associated with heart attacks.
- 6 Brush and floss regularly, and see your dentist.** Poor oral health has been associated with overall decreased nutrition and increased risks of infections, affecting heart health.
- 7 Quit smoking.** After one year, you'll have cut your risk of coronary disease by 50 percent. To learn about a free program to help you quit smoking, call 833.795.QUIT (7848) or visit www.rwjbh.org/nicotinerecovery.

WARNING SIGNS FOR WOMEN

If you experience these symptoms, dial 911 immediately. Don't drive yourself to the hospital.

Stay calm and take deep, slow breaths as you wait for emergency responders.



GET IT CHECKED

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Newark Beth Israel Medical Center, call **888.724.7123** or visit www.rwjbh.org/heart.

WHAT'S NEW AT THE CANCER CENTER

THE FREDERICK B. COHEN, MD, COMPREHENSIVE CANCER AND BLOOD DISORDERS CENTER IS ALWAYS FINDING NEW WAYS TO GIVE PATIENTS WORLD-CLASS CARE.

RWJBarnabas Health and the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center, together 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 options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.



NEW CT SCANNER INSTALLED

In the first of several planned upgrades that allow the center to offer state-of-the-art technology, the Radiation Oncology Division recently finalized the installation of a new Philips Big Bore RT CT Scanner. The new scanner provides the most advanced speed, image quality and user comfort available, and is significantly quieter than other CT scanners.



EDUCATION AND OUTREACH

Newark Beth Israel Medical Center (NBI) welcomes Loretta Muriel as an Oncology Patient Navigator. In this new position, which has been made possible by grant funding from the Susan G. Komen organization, Muriel will serve as a non-clinical community patient navigator. She acts as a breast health resource, providing education for uninsured and underinsured Black and Hispanic women living in Essex County.

“We are committed to addressing the racial and social inequities that impact the health and well-being of our diverse communities,” says Darrell K. Terry, Sr., President and Chief Executive Officer of NBI and Children’s Hospital of New Jersey. “By increasing access to much-needed screenings, treatments and overall cancer care, Loretta is an invaluable resource.”



THE HIGHEST LEVEL OF CARE

The Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center is accredited by the Commission on Cancer and certified by the Association for Clinical Oncology’s (ASCO’s) Quality Oncology Practice Initiative. The center’s breast imaging service has earned the designation of Breast Imaging Center of Excellence from the American College of Radiology. The Cancer Center works in close partnership with Rutgers Cancer Institute of New Jersey, the state’s only NCI-Designated Comprehensive Cancer Center.

Getting Healthy Together!

When in-person meetings can't happen, we can still help. Newark Beth Israel Medical Center is ready to meet you virtually for a telehealth appointment, consultation or support. Below are some of our in-person and virtual support groups and educational programs. To learn about more of our programs, visit www.rwjbh.org/NBEvents.

**FARMERS
MARKET**
Coming Back
Spring 2022!

Seasonal Eats (VIRTUAL)

Mondays, 1 p.m.

Simple recipes using local, farm-fresh food. To register and receive call-in information, call **973.926.7371**.

Healthy Kids in Hannah's Kitchen (VIRTUAL)

(VIRTUAL)

Tuesdays, 4:30 to 5:30 p.m.

Healthy cooking class for ages 8–12 (adult supervision required). To register and receive call-in information, call **973.926.7371**.

Healthy Lifestyles (VIRTUAL)

Thursdays, 1 to 2 p.m.

Nutrition, exercise and healthy living information for all ages. To register and receive call-in information, call **973.926.7371**.

Learning to Live with Cancer (VIRTUAL)

(VIRTUAL)

Third Thursday of the month, 1:30 to 2:30 p.m.

Offered by the Frederick B. Cohen, MD, Cancer Center. To register and receive call-in information, call **973.926.7976**.

Prenatal Yoga with Ignite One (VIRTUAL)

(VIRTUAL)

Saturdays, noon to 1 p.m.

Gentle yoga for expecting moms. To register and receive call-in information, call **973.926.7371**.



Home Friend Program

FREE light chore services to qualified seniors, age 60 and older, and to disabled adults in Newark's South Ward or in Irvington who do not have Medicaid. For more information or to see if you qualify, call **973.926.6771**.

Senior Wellness Connect (Virtual)

Mondays, 10 to 11 a.m.

Focused on health and longevity for adults 55 and over. To register and receive call-in information, call **973.926.3312**.

TRANSPLANT SUPPORT GROUPS

Heart Transplant Support Group

Second Wednesday of the month, 1 to 2 p.m.

A transplant education and psychosocial support group for patients listed and awaiting transplant. To register and receive call-in information, call **973.926.2416**.

Lung Transplant Support Group

First Thursday of the month, 2 to 3 p.m.

A variety of topics presented by a member of the Advanced Lung Disease and Transplant Program team. To register and receive call-in information, call **973.926.2280**.



SUPPORT FOR NEW AND EXPECTING MOTHERS

Breastfeeding Support (VIRTUAL)

Every Monday from 12 to 1 p.m.

International Board-Certified Lactation Consultants will provide guidance and answer questions about latch issues, breast/nipple pain, milk supply concerns, pumping, supplementation, returning to work and weaning. Register at www.rwjbh.org/breastfeedingsupport.

Perinatal Mood and Anxiety Disorders (VIRTUAL)

Every Wednesday from 11 a.m. to 12 p.m.

One of the most common complications of childbirth is anxiety or feelings of anger or sadness. You are not alone. Join our judgment-free and supportive virtual community, led by a perinatal mood disorder certified specialist. Register at www.rwjbh.org/PMADsupport.

Beth Babies Breastfeeding Class (VIRTUAL)

(VIRTUAL)

Every Tuesday from 1 to 2 p.m.

Receive skilled guidance from lactation counselors. To register and receive call-in information, email janine.marley@rwjbh.org.

Women's Health Maternity Tours

Offered 7 days a week

9:30 to 11 a.m.; 4 to 6 p.m. & 8 to 9 p.m.

Visit a private maternity suite, Postpartum and Labor/Delivery. RSVP required. Call **973.926.7108**