

**RWJ**  
RAHWAY

WINTER 2015

*The*  
**Rose**

DON'T FEEL  
RIGHT? IT  
MIGHT BE  
A **HEART  
ATTACK**

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A SYSTEM  
TO CARE  
FOR YOUR  
**WHOLE  
FAMILY**

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HYPERBARIC  
OXYGEN THERAPY:  
**BACK ON HER  
FEET**

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**RWJ**

UNIVERSITY HOSPITAL  
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM



## MAKING THE GRADE



Fall 2015

For the sixth time since 2012, Robert Wood Johnson University Hospital Rahway received an A for quality and safety from the Leapfrog Group.

Achieved through the joint efforts of the entire healthcare team, this distinction from the Leapfrog Group demonstrates RWJ Rahway's continuous focus on making sure the hospital is a safe place for patients, families, and employees.

One of 32 hospitals in the state to receive the top grade, RWJ Rahway had zero incidents in several important measures—including occurrence of blood and urinary tract infections during Intensive Care Unit (ICU) stays, and occurrence of air embolisms—which matches the best performing hospitals nationwide. Other measures include the use of the correct antibiotic prior to surgery, as well as the timely removal of a catheter after surgery. In each of these areas, the hospital scored 100 percent.

The Leapfrog Group scores hospitals on a 28-point system utilizing Medicare data, and measures the rate of preventable problems such as pressure ulcers, falls, injuries, and infections. Out of 2,530 hospitals scored nationwide, only 773 earned a grade of A. New Jersey ranked fifth best in the nation, with no hospitals receiving a grade lower than C.

To see how RWJ Rahway's scores compare nationally and locally, visit [www.hospitalsafetyscore.org](http://www.hospitalsafetyscore.org).

## Dear Friends,

What does it mean to be part of a hospital system? It means access to a deep bench of highly specialized healthcare services and technology.

Not every hospital can do everything, nor should it. RWJ Rahway can provide nearly all your diagnostic and medical needs, but if you need a special level of expertise and care, look to our partners in the Robert Wood Johnson Health System. (See "Charting Your Healthcare Universe" on page 5.)

The RWJ Health System includes the academic medical center of Robert Wood Johnson University Hospital in New Brunswick and community hospitals RWJ Rahway, RWJ Somerset, and RWJ Hamilton. For children, our system includes The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital and Children's Specialized Hospital.

Being part of a system means patients have access to advanced care, including kidney and heart transplantation, open-heart surgery, robotic surgery, proton therapy for cancer treatment, fetal medicine, pediatric oncology, and other advanced pediatric services, as well as the extensive rehabilitation services of Children's Specialized Hospital.

Being part of the RWJ Health System also means being part of a continuum of care that shares the same values of quality and service. Patients can receive their diagnostic and acute care here at RWJ Rahway. If they need more specialized care, they can turn to RWJ in New Brunswick, with recovery and rehabilitation close to home at RWJ Rahway.

And this continuum will only broaden. The RWJ Health System and Barnabas Health have signed an agreement outlining the merger between these leading health systems. Once complete, the transaction will create New Jersey's largest health system.

The merger, which requires state approval, will mean a system of 11 acute care hospitals, three children's hospitals, a pediatric rehab hospital, a behavioral health center, ambulatory care centers, plus a number of fitness and wellness centers.

This new system, to be called RWJ Barnabas Health, will be New Jersey's largest healthcare system and one of the largest healthcare providers in the U.S.

And that means more access—to research, expertise, technology, and the latest treatment options for a range of conditions no matter where you live. We'll keep you posted of these exciting events in the months to come.

Sincerely,

Kirk C. Tice  
President and CEO



ROBERT WOOD JOHNSON HEALTH SYSTEM

Kirk C. Tice  
PRESIDENT AND CEO  
Stephen A. Timoni  
CHAIRMAN OF THE BOARD OF GOVERNORS

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Children's Specialized Hospital [childrens-specialized.org](http://childrens-specialized.org) • Bristol-Myers Squibb Children's Hospital [bmsch.org](http://bmsch.org)  
Robert Wood Johnson University Hospital Somerset [rwjuhr.edu](http://rwjuhr.edu)



# CRITICALLY TIMED CARDIAC CARE



A heart attack in your 40s? It could happen.

ROSEMARY BOSEMAN HAD never been too concerned with the health of her heart. A wife, mother, and full-time career woman, she successfully juggled family and work while also overcoming lupus, which is in remission 17 years after her initial diagnosis. So when she suffered a heart attack on July 7, 2015, the 41-year-old was shocked.

“I don’t have a history of high blood pressure or high cholesterol,” says Mrs. Boseman, who experienced intense nausea upon her arrival to work on that fateful summer morning. “I felt like I had food poisoning.”

## VITAL ACTION

Mrs. Boseman’s employer, internal medicine physician Samina Syed-Naqvi, MD, recommended that she take an aspirin and lay down for a few minutes. But it wasn’t long before Mrs. Boseman got in her car and drove herself to the nearest emergency department (ED) at Robert Wood Johnson University Hospital Rahway—a decision that would ultimately save her life.

“When Mrs. Boseman presented to the ED with chest pain, the electrocardiogram [EKG] showed ST elevation myocardial infarction, or a heart attack,” says Ghassan Chehade, MD, FACC, cardiologist with RWJ Rahway. “We immediately activated the team in the catheterization lab, and within 30 minutes, she had an angiogram.”

The test indicated 100 percent blockage of Mrs. Boseman’s left anterior descending artery, which, according to Dr. Chehade, was not uncommon given her history of lupus.

“A chronic immune disorder that triggers inflammation, lupus can cause artery damage and plaque buildup that can lead to clogged arteries and cause heart attack or stroke,” Dr. Chehade says. “Young patients with lupus are nearly six times more likely to have plaque buildup like Mrs. Boseman did.”

Mrs. Boseman’s condition was promptly treated through angioplasty to reopen the artery and place a stent to maintain bloodflow. After one week at the hospital, she returned home with her husband, Zinnar, and baby, Enelia.

## LIVING A HEALTHIER LIFE

Months after her heart attack, Mrs. Boseman is feeling healthier than ever, swimming at her sister’s pool on a regular basis and enjoying fresh, nourishing meals filled with lots of steamed vegetables. She has eliminated pork from her regular menu—which has been challenging for the Colombian-American—and modified her intake of desserts.

But Mrs. Boseman says the most important habit that she would recommend to other women is to have regular health screenings from the professionals at RWJ Rahway.

“Have checkups no matter what,” Mrs. Boseman says. “The team at RWJ Rahway will take the very best care of you. You can trust them.”

For information about cardiology care at RWJ Rahway, visit [www.rwjuh.com](http://www.rwjuh.com) and click on the “Heart Health” option.

## Know Your Risk Factors

Talk with your physician about individual risk factors for heart disease. The following conditions can increase heart attack risk:

- Autoimmune conditions, such as lupus or rheumatoid arthritis
- High blood pressure
- High blood cholesterol levels
- Obesity
- Preeclampsia—high blood pressure during pregnancy
- Type 2 diabetes



# THAT'S **NOT** THE FLU

Ladies, your heart is telling you something. It's time to listen.

**IF YOU'VE GOT** that sinking feeling something is wrong, pay attention. Unexplained panic and feelings of impending doom can be signs of heart attack in women. This doesn't mean that every time you feel panicked you're having a heart attack, but take notice if it happens in conjunction with other heart attack symptoms.

In women, warning signs are not limited to Hollywood heart attack symptoms, such as chest pain or tightness. According to the Women's Heart Foundation, 71 percent of women report experiencing flu-like symptoms for between two to four weeks prior to suffering an actual heart attack. Symptoms more common in women include:



Breaking into a cold sweat



Dizziness and weakness



Jaw pain unrelated to any dental issues



Nausea or vomiting



Sense of panic or impending doom



Severe fatigue with no immediate explanation

Because prominent heart attack symptoms in women are less well known than the classic model—as many as 40 percent of women experience no chest symptoms at all—it is easy to attribute them to conditions, such as acid reflux or the flu. This often causes women to not call for help when they need it, which can be dangerous.

Don't wait. Pay attention if you suddenly experience any these symptoms, and call 911 or get help as quickly as possible.

To learn more about cardiology services at Robert Wood Johnson University Hospital Rahway, visit [rwjuhr.com](http://rwjuhr.com) and click "Heart Health."

## SOMETHING'S COMING, SOMETHING GREAT

"Join us on Saturday night, April 16, 2016, to begin the celebration of RWJ Rahway's 100th Anniversary at the Rose Ball," says Christine Kline, Rose Ball Chair. "The Hospital will be celebrating its past and present, and looking to the future as it moves into its second century."

A fabulous fun-filled evening is planned with fantastic food and great music, and the event will honor the 2016 Guardian of the Rose, our Hospital President and CEO, Kirk C. Tice, for his 37 years of outstanding service.



**KIRK C. TICE**  
Hospital President  
and CEO

To make a reservation or take a sponsorship or journal ad, contact the Foundation Office, (732) 499-6135 or [foundation@rwjuhr.com](mailto:foundation@rwjuhr.com).

## NORTHFIELD BANK FOUNDATION CONTINUES TO SUPPORT EMERGENCY SERVICES



Seated in the wheelchairs are Susan Lamberti, Northfield Bank Foundation Chairman (at left), and Executive Director Diane Senerchia. Standing from left to right are: Eric Kleinert, RN, BSN, Nurse Manager, RWJ Rahway Emergency Department, and John Alexander, Chairman and CEO, Northfield Bank.

RWJ Rahway Foundation is grateful to the Northfield Bank Foundation for its continued generosity and support of Emergency Services at RWJ Rahway through the proceeds from its Charity Golf Classic. During the past eight years, more than \$175,000 has been donated to the hospital from this annual event, providing the Hospital's Emergency Department with a wheelchair system, secure medication room, computers, new seating throughout, and much more. Thank you, Northfield Bank Foundation!



# CHARTING YOUR HEALTHCARE UNIVERSE

Wherever your diagnosis takes you, nationally renowned Robert Wood Johnson Health System has the medical expertise and facilities to meet you and your family's needs throughout the healthcare continuum.

**ORTHOPEDICS** | Orthopedic surgery, Sports Medicine, Pain, Joint Replacement

Pulmonary Rehabilitation

**NEUROLOGY** | Primary Stroke Center

Subacute Care & Long-term Acute Care

## Care Begins at RWJ Rahway

Your community hospital, Robert Wood Johnson University Hospital Rahway offers critical care, a full range of diagnostic and medical, surgical services, and rehabilitation services close to home. When specialized care is needed, look to our partners in the Robert Wood Johnson Health System.

Physical & Aquatic Therapy, Occupational, Speech, Hearing

**CARDIOVASCULAR** | Cardiac Diagnostics, Emergency Angioplasty, Cardiac Rehabilitation, Vascular Surgery

**UROLOGY**

Healthy Cooking Classes

Personal Trainers

Aquatic Therapy

Physical Therapy

## Bristol-Myers Squibb Children's Hospital & PSE&G Children's Specialized Hospital

Designated for two consecutive years as one of America's Best Children's Hospitals, BMSCH assists patients and families during their hospital stay, providing child life specialists and staffing a full-time teacher. Located next door to BMSCH, Children's Specialized Hospital provides exceptional inpatient and outpatient care for children challenged with special health issues ranging from persistent illnesses and complicated physical disabilities to developmental and behavioral difficulties.

**ONCOLOGY** | Cancer Surgery, Radiation, Chemo Infusion

## RWJ Rahway Fitness & Wellness

RWJ Rahway Fitness & Wellness Centers located in Scotch Plains and Carteret offer community members nearly 170 weekly fitness classes, physical and aquatic therapy, top-of-the-line equipment, and a multitude of educational lectures and programs. Other RWJ fitness centers are located in New Brunswick, Old Bridge, and Hamilton.

Pediatric Cochlear Implants

Pediatric Oncology

Pediatric Kidney Transplants

Pediatric Cardiology & Vascular Surgery

Pediatric Urology

**CARDIOVASCULAR** | Heart transplantation, Left Ventricular Assist Device, TAVR, Radiofrequency Ablation, Implantable Defibrillation, Stereotaxis for Heart Arrhythmias

**ONCOLOGY** | Cancer Hospital of New Jersey, Research, Precision Medicine, Rutgers Cancer Institute of New Jersey, Proton Therapy, Gamma Knife

**NEUROLOGY** | Endovascular Coiling, Deep Brain Stimulation, Gamma Knife, Laser Ablation

**UROLOGY** | Robotic Surgery, Gynecological Brachytherapy

## RWJ New Brunswick

When you need state-of-the-art cardiovascular, cancer, or neurologic care in the hospital, trust our specialists at Robert Wood Johnson University Hospital.

To learn more, visit [www.rwjuh.edu](http://www.rwjuh.edu) and click "RWJ Health System."





Patricia Porterfield with grandson, Jayden, at his favorite park, where she loves to watch him play.

# A BIG WIN FOR WOUND CARE

Newark mother of two Patricia Porterfield was suffering from neuropathy from diabetes-related osteomyelitis—infection in the bone—and a nonhealing wound on her foot when she came to Robert Wood Johnson University Hospital Rahway for treatment.



**MARSHALL FELDMAN**  
DPM, ABFAS, Wound Care Specialist and the Chair of the Division of Podiatric Surgery at RWJ Rahway

**“THE BONES IN** Ms. Porterfield’s foot broke down, and the arch was taking all the pressure with each step,” says Marshall Feldman, DPM, ABFAS, Wound Care Specialist and the Chair of the Division of Podiatric Surgery at RWJ Rahway. “She had poor circulation, and the skin was damaged and wouldn’t heal. We performed multiple procedures both to the bone and soft tissue, using advanced techniques such as skin grafting with plastic mesh, but all failed initially.”

## THE POWER OF OXYGEN

Juan Baez, MD, Chair of the Division of Infectious Disease and President of Medical Staff at RWJ Rahway, prescribed antibiotics to address Ms. Porterfield’s osteomyelitis. A total contact cast reduced the pressure on the bones in her foot. But the biggest change in her condition came when she began hyperbaric oxygen (HBO) therapy.

“Ms. Porterfield had a very high risk of amputation and limb loss,” says Jane Afremova, RN, Program Director

for the RWJ Rahway Center for Wound Healing and Hyperbaric Medicine. “Amputations are associated with a much higher mortality rate within five years, but hyperbaric oxygen therapy helps save limbs, which saves lives.”

“HBO increased the amount of oxygen going to the wound to speed healing,” Dr. Feldman says. “Everything else would have failed had it not been used. Its ability to help the body heal reduces complications and in some cases the need for complex surgeries.”

HBO therapy healed Ms. Porterfield’s wound and infection, increased her quality of life, and makes her a candidate for surgeries to correct her foot deformity caused by Charcot Foot. (See “What Is Charcot Foot?”.)

“I’m considering surgery in January,” Ms. Porterfield says. “Today, I just want to live a little. I’m wearing two sneakers again for the first time in a long time, and it feels so good to walk on my own.”

**Do you have a nonhealing wound? For more information about the Center for Wound Healing and Hyperbaric Medicine, call us at (732) 453-2915.**

## UNDER PRESSURE

Hyperbaric oxygen (HBO) therapy takes place in a special chamber filled with 100 percent oxygen and pressurized to two and a half times atmospheric pressure. As patients breathe in, the extra pressure and oxygen content push oxygen into blood plasma, increasing the amount of oxygen flowing throughout the body. That improves circulation, which is a common need in treating nonhealing wounds. Another benefit is that HBO increases the effect of antibiotics, which also promotes wound healing.

Treatment typically lasts two hours per day for four to six weeks, and attending each session is critical.

“If you have a wound that won’t heal, you need to try hyperbaric treatment,” says Patricia Porterfield. “It’s wonderful. Hyperbaric treatment has given me a second lease on life.”

## WHAT IS CHARCOT FOOT?

Nerve damage and poor circulation are complications of diabetes. When these conditions weaken bones in the foot, causing the foot to change shape, it’s called Charcot Foot.

Early diagnosis and treatment is key for people with Charcot Foot, as the diminished ability to feel pain or trauma can lead to further damage.

Custom shoes, casts, and bracing may be used to keep a Charcot Foot stable. Surgery is an option for more advanced cases.

ALL PRESENTATIONS ARE HELD AT THE RWJ RAHWAY FITNESS & WELLNESS CENTER AT SCOTCH PLAINS.

PROGRAMS + SUPPORT GROUPS

# SCOTCH PLAINS

## Healthy Resolutions

### This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit [www.rwjuhr.com](http://www.rwjuhr.com) and click on "News & Events."

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

### SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

**Breast Cancer Support Group** meets the first Wednesday of each month at 5:30 p.m.

**Bariatric Support Group**, offering peer-to-peer support, meets the first Saturday of each month at 10:30 a.m. Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email [frstsaturdaysupport@gmail.com](mailto:frstsaturdaysupport@gmail.com).

**Fibromyalgia Support Group**, a professionally facilitated group, meets the first Thursday of each month from 5:30 to 7 p.m. —new time starting in January 2016. Those newly diagnosed are welcome.

**Adult Bereavement Support** meets the first Wednesday of each month from 1:30 to 3 p.m. at the Fitness & Wellness Center. For more information, call Jane Dowling, RN, at (732) 247-7490.



Healthy Cooking Demonstrations Featuring Chef and Registered Dietitian Diane Weeks. Our popular cooking demonstrations provide recipes and samples. The food is mostly plant-based and heart-healthy. Please call ahead to secure a spot. (732) 499-6193

**New Cancer Support Group Starting**

A new monthly support group for people with cancer **begins Jan. 7**. The group will meet the first Thursday of the month at 7 p.m. at the RWJ Rahway Fitness & Wellness Center, Scotch Plains. This professionally run group welcomes all cancer patients and their families. Group is free. Call (732) 499-6193 for more information.

### Check our website for speaker

topics by visiting [www.rwjuhr.com](http://www.rwjuhr.com) and clicking on "Patient & Family Services" and then "Community Information." Connect with Robert Wood Johnson University Hospital



Rahway on Facebook® at [www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway).

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

## JANUARY

**5** **Start the Year Off Right with Healthy Soups: Low in Salt, High in Flavor, Rich in Vegetables**—7 p.m., Diane Weeks, RD, Chef\*

**12** **Sleep and Weight: What's the Connection?**—6 p.m., Anubha Sinha, MD, Pulmonology



**13** **Body, Mind, and Spirit**—6 p.m., Juan Baez, MD, Infectious Disease



**14** **Sweet Sorrow: How Sugar Hurts Your Body and Mind**—6 p.m., Lauren Bernstein, MS, RD, Certified Diabetes Educator



**19** **One-Pot Meals: Health in a Pot**—7 p.m., Diane Weeks, RD, Chef\*

**19** **Those Aching Joints: Shoulder and Knee Pain**—6:30 p.m., Howard Pecker, MD, Orthopedics

## FEBRUARY

**2** **Stir-fries Are Easy and Light**—7 p.m., Diane Weeks, RD, Chef\*

**16** **It's Heart Month: Heart Healthy Meals**—7 p.m., Diane Weeks, RD, Chef\*



**18** **Feed Your Family Right**—6 p.m., Lauren Bernstein, MS, RD, Certified Diabetes Educator

**24** **Pain Management Approaches**—6 p.m., Yinggang Zheng, MD, Pain Management

## NEW YEAR, NEW YOU


### Finding Your Zen in the Dark of Winter

**Mondays, Jan. 11, 18, and 25, and February 1 and 8, 6:30 p.m.**

Join us for a five-part series concentrating on holistic stress management led by Paula Rovinsky, MA, RN, CDE, Certified Holistic Nurse. Participants will gain useful tools to manage their stress on a daily basis. Program is free, but registration is required. To register, call (732) 499-6109.





 The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, Robert Wood Johnson University Hospital Somerset, and Children's Specialized Hospital.

PROGRAMS + SUPPORT GROUPS

# CARTERET

ALL PRESENTATIONS ARE  
HELD AT THE RWJ RAHWAY  
FITNESS & WELLNESS  
CENTER AT CARTERET.

## Healthy Resolutions

RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Avenue, Carteret.

### Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., Rahway. For more information, call (732) 499-6109.

### Cardiac Support Group

Meets the first Monday of each month from 7 to 8:30 p.m. on the second floor of the Nicholas Quadrel Healthy Heart Center, 865 Stone St., Rahway.

For more information, call (732) 499-6073.

### Parkinson's Support Group

Meets the second Wednesday of each month at 1 p.m. at RWJ Rahway, 865 Stone St., Rahway. Group is for those with Parkinson's disease and their caregivers. For more information, call (732) 499-6193.

Visit our website at  
[www.RWJFitnessCarteret.com](http://www.RWJFitnessCarteret.com).

## All Together Better

Now Accepting Horizon Blue Cross  
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Horizon Blue Cross Blue Shield of New Jersey

Connect with Robert Wood Johnson University Hospital Rahway on Facebook® at  
[www.Facebook.com/RWJRahway](http://www.Facebook.com/RWJRahway).

## JANUARY

**6** **The Goal Is Control**—6 p.m. Gary Paul, Certified Diabetes Educator, Exercise Physiologist, shares tips for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Get a screening and information to keep you in control.

**12** **Diabetes: Are You on the Borderline?**—6:30 p.m., Learn how to keep diabetes from becoming your destiny. Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator

## FEBRUARY

**3** **The Goal Is Control**—6 p.m. Gary Paul, Certified Diabetes Educator, Exercise Physiologist, shares tips for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Get a screening and information to keep you in control.

**9** **Diabetes: Are You on the Borderline?**—6:30 p.m., Learn how to keep diabetes from becoming your destiny. Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator