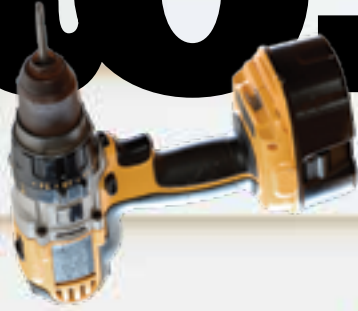


WINTER 2016

The *Rose*



**WOUND CARE AT
RWJ RAHWAY**
GRANTING SECOND
CHANCES
PAGE 5

**FOR 100 YEARS,
THE HEART OF THE
COMMUNITY**
PAGE 4

NEW
CONCUSSION
PROGRAM
EXPERTISE TO

HELP YOU RECOVER

▶ PAGE 3



Robert Wood Johnson | RWJ Barnabas
University Hospital HEALTH
Rahway

TRULY HEALTHY OAT SQUARES



If you think packaged breakfast or granola bars are healthy choices, think again.

“Commercial bars can contain as much sugar and fat as a candy bar,” says Diane Weeks, MS, RDN (Registered Dietitian Nutritionist), with Robert Wood Johnson University Hospital Rahway. “This recipe for homemade bars is better because it is low in saturated fat and added sugars, and the bars can be eaten with fruit for breakfast or as a healthy snack.”

INGREDIENTS

4 cups rolled oats
 ½ cup sunflower seeds
 ½ cup raisins
 ½ cup brown sugar
 1 teaspoon baking powder
 ¼ teaspoon salt
 2 eggs
 1 cup nonfat milk
 2 tablespoons canola oil, plus
 some for oiling baking dish
 2 cups unsweetened
 applesauce

DIRECTIONS

Preheat oven to 325° F. In a medium bowl, combine oats, seeds, raisins, brown sugar, baking powder, and salt. In a separate bowl, mix eggs, milk, oil, and applesauce. Add dry ingredients to applesauce mixture, then mix well. Pour mixture into a lightly oiled 9-inch-by-13-inch baking pan. Bake for 45 to 50 minutes, until brown on top. Makes 12 servings.

NUTRITION

Calories: 250
 Fat: 8g
 Protein: 8g
 Carbohydrates: 39g
 Fiber: 4g
 Sodium: 120mg
*Recipe courtesy of Food Day –
 20 Recipes to Get Kids Cooking*



RWJBarnabas Health is the most comprehensive healthcare delivery system in New Jersey. The system includes 11 acute care hospitals – **Clara Maass Medical Center in Belleville** • **Community Medical Center in Toms River** • **Jersey City Medical Center in Jersey City** • **Monmouth Medical Center in Long Branch** • **Monmouth Medical Center Southern Campus in Lakewood** • **Newark Beth Israel Medical Center in Newark** • **RWJUH New Brunswick and Somerset** • **RWJUH Hamilton** • **RWJUH Rahway** • **Saint Barnabas Medical Center in Livingston**. The system also includes three acute care children’s hospitals and a leading pediatric rehabilitation hospital, **Children’s Specialized Hospital**, a freestanding 100-bed behavioral health center, ambulatory care centers, geriatric centers, the state’s largest behavioral health network, comprehensive home care and hospice programs, fitness and wellness centers, retail pharmacy services, a medical group, multi-site imaging centers, and four accountable care organizations. For more, visit RWJBHinfo.org.

Golf Classic

MONDAY, SEPT. 26, 2016

It was the perfect autumn day for RWJ Rahway Foundation’s 100th Anniversary Celebration Golf Classic on Monday, Sept. 26. More than 80 golfers joined in the fun to support outstanding patient care at Robert Wood Johnson University Hospital Rahway. Special thanks to Co-Chairs Rick Parker and Kevin Headd for their leadership in making the Golf Classic a success, netting more than \$71,000.

The 100th Anniversary Campaign hit \$450,000 on its way to the \$1 million mark, thanks in part to the \$125,000 lead gift from

the Auxiliary of RWJ Rahway. Renovations and refurbishments are well underway for patient care unit 2E and the new Bronchoscopy Suite with Super-D technology to diagnosis and treat lung disease.

For information about how you can support the 100th Anniversary Celebration, please contact Marlene H. Lubinger, President, RWJ Rahway Foundation, at (732) 499-6135 or email foundation.rahway@rwjbh.org.



From left: Rick Parker, Golf Classic Co-Chair and Foundation Trustee; Kevin Headd, Golf Classic Co-Chair; Kirk C. Tice, President and CEO, RWJ Rahway; Bernice “Bunny” Bowen, Foundation Vice Chair; Marlene H. Lubinger, Foundation President; G. Allen Geyer, Vice Chair, Board of Governors

Robert Wood Johnson University Hospital Rahway

RWJBarnabas
HEALTH

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MANAGING EDITOR Gabrielle Fernandez
DESIGNER Rosie Fitzgerald
ACCOUNT MANAGER Patty Montgomery

The Rose is named in honor of the women’s auxiliary which sold local roses to raise money for our first hospital in the early 1900s.

Robert Wood Johnson University Hospital Rahway complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.rwjuhr.com. RWJ Rahway cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Call 1-732-499-6136. RWJ Rahway konfòm ak lwa sou dwa sivil Federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-732-499-6136.

MAKING AN IMPACT ON CONCUSSION CARE



**Richard Schaller, MD,
FACEP**

When left untreated, a concussion can have a significant effect on your long-term health. Robert Wood Johnson University Hospital Rahway's Concussion Program is providing a standardized approach for concussion care.

The mildest form of brain injury, a concussion is a short-term loss of brain function that can be caused by shaking or a blow to the head during household falls, workplace injury, a car accident, or sports. Successful recovery depends on recognizing concussion symptoms and resting physically and mentally to allow the brain to heal and reduce risk for a second, more severe concussion.

Concussions cannot be confirmed by computed tomography (CT) scans or other conventional tests, so physicians rely on symptom recognition to make their diagnoses. The Immediate Post-Concussion Assessment and Cognitive Test (ImPACT) helps healthcare professionals establish healthy brain function baselines and compare brain function after an injury.

"ImPACT testing is a national standard protocol that measures attention span, memory and retention, reaction times, and severity of symptoms," says Richard Schaller, MD, FACEP, Emergency Department Physician and Medical Director of the Concussion Program. "Administering a baseline test to healthy individuals and a post-injury test to victims helps us determine whether the brain's responses are normal and break that down to determine where the injury occurred."

BEST PRACTICES

Delaying the evaluation and treatment of concussions can lead to prolonged symptoms and possibly even permanent neurological damage. Speak with a doctor soon after an injury, rather than delaying evaluation and treatment.

"We're here to help in ways that a primary care physician may not be able to," Dr. Schaller says. "Our Concussion Program works with local schools such as Scotch Plains-Fanwood High School and Union Catholic Regional High School, so these kids get follow-up care within 24 to 48 hours. Our center then works with them—and any student athlete who comes through—to manage and monitor symptoms and determine when they can safely return to play.

"Our research found that a better standardized way to manage concussions was needed at every level," Dr. Schaller continues. "For this reason, we've developed a Concussion Program that specializes in diagnosis and treatment of this most-common type of brain injury."

Have you or a loved one suffered a head injury? Do you want to know how RWJ Rahway's Concussion Program can help your young athlete? To learn more, visit www.rwjuh.com/concussionprogram.htm.

Time to Treat

Because concussion symptoms can take from 24 hours to a few days to develop after a blow to the head, it is important to recognize them and seek medical attention. Symptoms that may indicate a concussion include:

- Difficulty focusing, remembering, or making decisions
- Dizziness or loss of balance
- Fatigue or lack of motivation
- Headaches
- Light and noise sensitivity
- Nausea
- Ringing in the ears






According to the National Institutes of Health, nine out of 10 people stop experiencing physical symptoms, such as headaches and dizziness, after seven to 10 days. Thinking-related symptoms, however, may continue for months after the injury.



CELEBRATING THE PAST.
BUILDING THE FUTURE AT THE

Heart of Our Community

(BIG) MOMENTS IN TIME

- 
1958
 Rahway Memorial Hospital partners with Seton Hall College of Medicine to offer a postgraduate medical education course, a first for the area.
- 
1961
 American physician Thomas J. Fogarty, MD, performs the first minimally invasive surgery, a catheter-based procedure to remove blood clots.
- 
1969
 Rahway Hospital opens a three-bed coronary care unit.
- 
1971
 A patient in London receives the first clinical computed tomography scan.
- 
1973
 American Dean Kamen invents the portable insulin pump.

Our 100th Anniversary Celebration continues at Robert Wood Johnson University Hospital Rahway, and our 100th Anniversary Fund has just passed the half million mark. Let's commemorate these momentous occasions with a look at our history, 1957–1976.

DIFFERENT BEATS

The only constant in medicine is change, particularly when it comes to cardiac care.

THEN

Prior to 1958, physicians thought injecting contrast dye into the arteries of the heart would be fatal. That year, an Ohio cardiologist did so accidentally during an imaging test, the patient was unharmed, and the coronary angiogram was born.

NOW

Physicians in RWJ Rahway's Cardiac Catheterization Laboratory and hospitals throughout the world use coronary angiography to check arterial plaque levels and assess patients' heart attack risk.

THEN

Decades ago, heart attack treatment was limited to easing symptoms. During the 1970s, physicians began to understand the cause of heart attacks—blood clots—opening the door for treatments to remove blockages in the arteries.

NOW

Angioplasty and stenting treat heart attacks fast, and **more than 90 percent of heart attack patients survive**. At RWJ Rahway, physicians perform angioplasty and stenting within 60 minutes of patients' arrival, on average.

THEN

The Highway Safety Act, which established the Emergency Medical Services (EMS) program, was signed in 1966. Recognizing the value of a regionalized EMS program, the Robert Wood Johnson Foundation awarded about \$15 million in grants to organize EMS programs in 44 regions.

NOW

Technological advances mean the certified paramedics with RWJ Rahway's Mobile Intensive Care Unit (MICU) can respond quickly, performing en-route cardiac monitoring and procedures that include defibrillation, external cardiac pacing, and synchronized cardioversion. Each year, the MICU responds to more than 6,000 requests for emergency care.

Look for more information about our 100th Anniversary Celebration and how you can join in the festivities. Our next event is the 100th Anniversary Celebration Rose Ball Building The Future on Saturday April 29, 2017 at the Wilshire Grand Hotel in West Orange, New Jersey. Call (732) 499-6135 for more information.

NEED A PHYSICIAN? CALL 1-888-MD-RWJUH (637-9584) TO FIND AN RWJ MD IN YOUR AREA.

SECOND CHANCES:

A WOUND CARE SUCCESS STORY



Paul Wendel with Uno

54-year-old Roselle resident Paul Wendel and his wife Adrienne believe in second chances. The couple fosters kittens for a local rescue organization that finds forever homes for abandoned animals. Mr. Wendel got a second chance at having an active life when he received care for his injured foot.

Walking in his backyard last year, Mr. Wendel cut his foot. He cleaned the wound and applied a bandage, but with each passing day, the cut grew worse.

Mr. Wendel has diabetes, and nonhealing wounds are a common complication for people living with the disease.

“Higher than normal blood sugar levels in people with diabetes can cause nerve damage and poor circulation in their feet,” says Jane Afremova, RN, Program Director at the Center for Wound Healing & Hyperbaric Medicine at Robert Wood Johnson University Hospital Rahway. “So, when Mr. Wendel cut his foot, he didn’t recognize the severity of the injury until he saw the tissue decaying only three days later. His infection was caused by an anaerobic bacteria that destroys tissue and moves very quickly.”

“When I noticed a nickel-sized hole in my left foot and realized my fifth toe had turned gray, I knew my foot looked like it was in critical condition,” Mr. Wendel says. “Adrienne and I headed immediately to the Emergency Department.”

Facing the possibility of losing his foot, Mr. Wendel received wound care treatment at the Center for Wound Healing & Hyperbaric Medicine at RWJ Rahway.

A MATTER OF TISSUE

For Mr. Wendel, a minor foot injury resulted in a critical infection, which caused toxic air pockets to develop between the skin and bone. In his case, the gas destroyed the tissue in his fifth toe and was threatening his entire foot.

“Gangrene spread from the outside of his foot and was nearing his fourth toe when he arrived in our Emergency Department,” says Marshall Feldman, DPM, podiatrist and wound care specialist at RWJ Rahway. “After running tests to confirm my diagnosis, I removed the decayed tissue along the side of his foot and amputated his infected toe.”



Marshall Feldman, DPM

Allowing the wound to drain, Dr. Feldman left the wound open and started Mr. Wendel on a combination of therapies at the Center for Wound Healing & Hyperbaric Medicine.

TAKING ACTION

Mr. Wendel received IV antibiotics and negative pressure wound therapy to stimulate tissue growth. He also completed 50 hyperbaric oxygen treatments. When Mr. Wendel was nearly healed, Dr. Feldman performed three skin grafts to ensure complete wound closure.

“In the long run, fast action and following the doctor’s orders saved his leg from amputation,” Ms. Afremova says. “Mr. Wendel did everything we asked him to do.”

After a few months of recovery, Mr. Wendel is back to work. He makes sure to wear socks and shoes, inside and outside the house, to prevent further injury.

[If you or a loved one has chronic wounds that are not healing properly on their own, make an appointment at the Center for Wound Healing & Hyperbaric Medicine. Call \(732\) 453-2915 today.](#)



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

SCOTCH PLAINS


PROGRAMS

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





DECEMBER

- 13** Exercise and Parkinson's Disease
6 p.m. | Tianshu Zhang, MD, Neurology
- 13**  Cooking Demo: Seafood! It's Delicious and Packed with Nutrients*
7 p.m. | Diane Weeks, RDN, Chef
- 15**  Myths About Back Pain
6 p.m. | Howard Pecker, MD, Orthopedics






JANUARY

- 5**  Fibromyalgia: Latest Research and Treatment
7 p.m. | Bernardo Toro-Echague, MD, Internal Medicine.

JANUARY

- 9**  Zika Update
6 p.m. | Juan Baez, MD, Infectious Disease
- 10**  Quick Bites: What Are Healthy Snacks?
6 to 7 p.m. | Diane Weeks, RDN, Chef.
- 12**  Start of Stress Management Series
6 p.m. | Paula Rovinsky, RN, Holistic Nurse. First of five-part series meeting each Thursday and ending Feb. 9.
- 17** Ask the Urologist
6 p.m. | Franklin Morrow, MD, Urology. Your questions answered.
- 17** Cooking Demo: Soup's On!*
7 p.m. | Diane Weeks, RDN, Chef
- 18** Is That Pain TMJ?
6 p.m. | Richard Olin, DMD, General Dentistry
- 25** DVT Won't Get Me
6 p.m. | Tom Kowalenko, DO, Family Medicine. What causes deep vein thrombosis (DVT) and how to prevent it.
- 26**  Weight-loss Surgery: Is It Right for You?
6:30 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.
- 31** Cooking Demo: Latin Cooking*
7 p.m. | Diane Weeks, RDN, Chef

FEBRUARY

- 7** Hospice 101: What Services Are Available? You Will Be Surprised.
6 p.m. | Center for Hope and Hospice
- 8**  Be Happy AND Live Longer
6 p.m. | Jolanta Kiblicka-Borowski, MD, Internal Medicine
- 14**  Cooking Demo: One-pot Meals*
7 p.m., Diane Weeks, RDN, Chef
- 21** Quick Bites: What's Good for Breakfast?
6 to 7 p.m. | Diane Weeks, RDN, Chef
- 23**  Weight-loss Surgery: Is It Right for You?
6:30 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.
- 28**  All About Atrial Fibrillation
6 p.m. | Amish Patel, DO, Cardiology
- 28**  Cooking Demo: Allergy-free Cooking*
7 p.m., Diane Weeks, RDN, Chef

NEW IN 2017

Quick Bites: Mini Cooking Demonstration and Lecture series featuring Registered Dietitian Diane Weeks.

SAVE THE DATE—MARCH 1

Dementia: What It Is and What It's Not
7 p.m. | Amy E. Matthews, Dementia Coach
Dementia is one of the most common and least understood terms used to describe memory loss. This program will define dementia and discuss both reversible and irreversible causes. Topics include the diagnostic process and the importance of accurate diagnosis, as well as when the diagnosis is Alzheimer's disease.

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 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. Call (732) 499-6193.

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

If you'd like a calendar of events delivered to your inbox each month, email donna.mancuso@rwjhb.org.

Check our website for speaker topics by visiting www.rwjuhr.com and clicking on "Patient Services" and then "Community Information."

Connect with Robert Wood Johnson University Hospital Rahway on Facebook at www.facebook.com/RWJRahway.

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



***Healthy Cooking demonstrations feature 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**

NEED A PHYSICIAN? CALL 1-888-MD-RWJUH (637-9584) TO FIND AN RWJ MD IN YOUR AREA.

CARTERET

PROGRAMS

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

JANUARY

4 **The Goal Is Control**
 6 p.m. | Lobby-Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

FEBRUARY

1 **The Goal Is Control**
 6 p.m. | Lobby-Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

MARCH

1 **The Goal Is Control**
 6 p.m. | Lobby-Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

RWJ ROBERT WOOD JOHNSON
 RAHWAY FITNESS & WELLNESS CENTER

Feel Your Best!

Your journey to wellness
 continues here!

WELLNESS PROGRAMS (membership not required):

Bariatric | Cancer | Cardiac | Movewell | Diabetes | Parkinson's


Wellness Programs are for special health needs to ensure optimum recovery. Safely transition from medical care to post-rehab fitness with professional guidance.

FREE
WELLNESS
ASSESSMENT*

908.838.9771 | 2120 Lamberts Mill Road, Scotch Plains, NJ 07076 | rwjrahwayfitness.com

Must present this Ad. First time visitors only. Must be 18 years or older. ID required. Cannot be combined with any other offer. Restrictions apply.



 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 RWJBarnabas Health.

SUPPORT GROUPS

RWJ Rahway Fitness & Wellness
Center, 2120 Lamberts Mill Road,
Scotch Plains

DECEMBER

JANUARY

FEBRUARY

NEW GROUPS IN 2017

Starting in January, there will be a second support group for those impacted by **fibromyalgia and/or autoimmune disorders**. Join us the first Thursday of each month from 7 pm to 8:30 pm. This group is free.

For **pre- and post-surgical bariatric patients**, this free group meets the fourth Thursday each month from 5:30 to 6:30 p.m. The group and is run by a dietitian and will include speakers and topics of interest.

Please call (732) 499-6193 if you are interested in joining either group.

- 4** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 4** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 4** Breast Cancer Support Group
5:30 p.m.
- 5** Fibromyalgia Support Groups
5:30 to 7 p.m. (for current members)
7 to 8:30 p.m. (new members welcome!)
- 26** Bariatric Support Group
5:30 to 6:30 p.m. | The group and is run by a dietitian and will include speakers and topics of interest.

- 1** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 1** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 1** Breast Cancer Support Group
5:30 p.m.
- 2** Fibromyalgia Support Groups
5:30 to 7 p.m. (for current members)
7 to 8:30 p.m. (new members welcome!) | Discussions will focus on ways in which members can become more active in their own self-care to achieve positive health outcomes.
- 23** Bariatric Support Group
5:30 to 6:30 p.m. | The group and is run by a dietitian and will include speakers and topics of interest.

HELD AT RWJ RAHWAY HOSPITAL | RWJ Rahway Hospital is located at 865 Stone St., Rahway.

- 14** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3.
For more information, call (732) 499-6193. Free.

- 3** Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

- 11** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3.
For more information, call (732) 499-6193. Free.

- 7** Diabetes Support Group
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.

- 8** Parkinson's Support Group
1 to 3 p.m. | Conference Room #3.
For more information, call (732) 499-6193. Free.