

WINTER 2017

The Rose

**HEART-HEALTHY
CURRY**

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NO TIME TO *Lose*

Learn more About Weight-
Loss Surgery Success

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Robert Wood Johnson | **RWJ**Barnabas
University Hospital HEALTH
Rahway

HEALTHY COMFORT FOOD: Lentils provide the base for a heart-healthy plant-based entrée or star in a meal layered with rice and vegetables.

Spicy Lentil Curry

“Lentils are a good choice for someone with diabetes—the balance of protein and carbohydrates won’t cause blood sugar to spike,” says Diane Weeks, RDN, CDE, MS, Registered Dietitian and Certified Diabetes Educator at RWJ Rahway. “The lentils, ginger, and turmeric in the curry also fight inflammation.”

INGREDIENTS

1 cup red lentils	2 tablespoons canola oil	1 15-ounce can no-salt-added diced tomatoes
½ teaspoon turmeric powder	1 large onion, thinly sliced	½ teaspoon kosher salt
4 cups water	1-inch piece ginger, peeled	
1 tablespoon unsalted butter	1 tablespoon chili powder	

DIRECTIONS

1. Combine lentils, turmeric, and water in a medium pot. Bring to a boil.
2. Reduce heat and simmer until lentils are tender (about 15–20 minutes).
3. Heat butter and oil in a large skillet over medium. Sauté onion about 10 minutes until browned.
4. Grate half the ginger. Cut the rest into matchsticks.
5. Add ginger and chili powder to the onions. Stir in tomatoes. Simmer until lentils have finished cooking.
6. Add lentils to onion-tomato mixture. Cook for 5 more minutes. Salt to taste and top with ginger matchsticks.

NUTRITION

(Per 1-cup Serving)
 Calories: 270
 Sodium: 300mg
 Total fat: 8g
 Saturated fat: 2g
 Carbohydrates: 38g
 Protein: 15g
 Fiber: 9g
 Serves 4



HEATHER HAYS NAMED VP OF RWJUH RAHWAY FOUNDATION AND DEVELOPMENT



Robert Wood Johnson University Hospital Rahway is pleased to announce exciting changes moving forward, starting with Heather Hays joining RWJ Rahway as Vice President, Foundation and Development.

“Health care in our country has so many economic challenges for both patient and provider,” says Heather. “It brings me joy to connect the donor to the solution; it also teaches me genuine gratitude every day for the amazing people who live in our communities.”

Healthier communities are stronger communities. When you support RWJ Rahway, your gift of any amount has impact on the health of our community and supports programs such as Stroke Rehabilitation, Wound Healing, and Cardiac Health.

To learn more about how you can impact your community, please contact Heather Hays by phone at (732) 499-6223 or by email at heather.hays@rwjbh.org.

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 www.RWJBHinfo.org.

**Robert Wood Johnson
University Hospital
Rahway**

**RWJBarnabas
HEALTH**

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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.rwjahr.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. Llame al (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 ed pou lang ki disponib gratis pou ou. Rele (732) 499-6136.

Considering weight-loss surgery? Learn about the latest procedures at our free program, "Weight-loss Surgery: Is It Right for You?" led by Dr. Nihalani. Registration is required. Please call (732) 499-6193 or see Page 6 for upcoming dates and times.

NO TIME TO Lose

With support from the Surgical Weight-Loss Program at Robert Wood Johnson University Hospital Rahway, Tamekia Reid improved her health and has lost 66 pounds—and counting.

From the time she was a little girl, Ms. Reid felt that her figure was fuller than it should be. For years, the 35-year-old mother of three tried to lose weight with different diets, workout routines, and weight-loss pills. Ms. Reid did not have sustained success until her health was on the line.

"Blood glucose screening showed I had prediabetes, and my 'bad' cholesterol—low-density lipoprotein or LDL—levels were high as well," Ms. Reid says. "I had frequent migraines and I was choking when I slept. I knew I needed to try something new to protect my health."

GETTING ANSWERS

When Ms. Reid received a flyer in the mail about a weight-loss surgery seminar led by Anish Nihalani, MD, FACS, FASMBS, Medical Director of the Surgical Weight-Loss Program at RWJ Rahway, she signed up. At the follow-up appointment, Ms. Reid learned she had obstructive sleep apnea, which increases risk for heart disease and heart attack.

"When I committed to weight-loss surgery, I was connected with a dietitian and also began participating in motivational classes with other individuals going through the same process, which has been wonderful," Ms. Reid says.

On Dec. 16, 2016, Dr. Nihalani performed laparoscopic sleeve gastrectomy on Ms. Reid, and within the first 10 months, she lost 66 pounds, dropping from 254 to 188 pounds.

"Patients experience effective weight loss and avoid complications of obesity, such as high cholesterol, Type 2 diabetes, and sleep apnea," Dr. Nihalani says. "Laparoscopic



sleeve gastrectomy helps more than 85 percent of patients—who commit to a new lifestyle of exercising and eating right—to keep the weight off five to 10 years after surgery. This compares with only 10 to 15 percent of those who lose weight without surgery."

OFF-SCALE VICTORIES

Today, Ms. Reid is amazed by the changes in her life. Since the surgery, Ms. Reid's migraines have improved—a known benefit of weight-loss surgery—and she no longer has symptoms of sleep apnea. Her blood glucose and cholesterol levels are back in healthy ranges, and she no longer has to take medication for her prediabetes or high cholesterol.

"Ms. Reid embraced being an active participant in her own journey by coming to support groups, running in the park, learning how to cook healthy meals, and attending a Healthy Eating Tour that I facilitate at a local ShopRite," says Maria Bohn, MSN, RD, CDE, CBN, BCS, RN, NP-C, Bariatric Coordinator of the Surgical Weight-Loss Program at RWJ Rahway. "Active participation and interest by the patient strongly correlates with success, and Ms. Reid is proof of that."

"I not only look smaller, I feel so much better," Ms. Reid continues. "My family is very excited about my weight loss and is so supportive. We make healthier food choices as a family, and I work out three times a week.

"Surgery is not the whole solution—I have to exercise and follow the eating plan—but it was worth it," Ms. Reid says. "If you want to feel more confident and lead a healthier life, do not hesitate to have this surgery done."

Want to learn more about bariatric surgery at RWJ Rahway? Make an appointment by calling (732) 499-6300.

THE TESTS OF A *Lifetime*

With most tests, success is determined by a grade. When it comes to important health screenings, however, completion matters most.

Screenings are a crucial part of wellness. They come in a variety of forms, but their goal is the same: to detect serious diseases in their early stages, when physicians have the best chance of treating them successfully and when lifestyle changes can have the greatest impact. Here's a disease-by-disease look at the screenings you need to stay in step with your health.

BREAST CANCER

"A screening mammogram is an X-ray of the breast that looks for signs of early cancer, such as atypical masses and calcium deposits," says Abhishek Shrivastava, MD, Chair of Radiology and Director of Women's Imaging at Robert Wood Johnson University Hospital Rahway. "A regular screening mammogram is the best way to find breast cancer at the earliest possible stage."

The American College of Radiology and Society of Breast Imaging recommend that women have annual mammograms beginning at age 40. The organizations also recommend that women at increased risk for breast cancer due to genetic mutations start having yearly mammograms at age 30.

CERVICAL CANCER

Cervical cancer screening looks for cellular changes in the cervix that may turn into cancer. Finding them early can allow physicians to monitor them more closely or remove the affected cells. Screening for cervical cancer consists of a Pap test, during which a physician takes a cell sample from the cervix. Women should have a Pap test every three years from age 21 to 29 and every five years from age 30 to 65, according to the American Cancer Society (ACS). Beginning at age 30, they should also have a human papillomavirus test every five years until they're 65. That test looks for the virus that typically causes cervical cancer.

COLORECTAL CANCER

The most popular way to detect colorectal cancer—the third most common cancer in both women and men—is colonoscopy, a screening in which a physician uses a scope to check for growths called polyps on the lining of the colon.

Adults with average risk should have a colonoscopy every 10 years beginning at age 50, according to the ACS. What makes colonoscopy different from most other screenings is that it can be a treatment, as well. If polyps that could turn into cancer down the line are found, physicians performing the test can remove them and send them for testing.



Comprehensive outpatient lab services are available at the Laboratory at RWJ Rahway 7 a.m. to 7 p.m., Monday through Sunday. No appointment is needed but a doctor's prescription is required. Call (732) 499-6042.



**READY TO SCHEDULE
A SCREENING?**

Call outpatient
scheduling
at 1-844-RWJ-4YOU
(795-4968).

LUNG CANCER

Lung cancer often doesn't cause symptoms until its later stages, when it's notoriously difficult to treat. Smokers—or those who quit no more than 15 years ago—who are 55 to 74 years old, have smoked at least a pack of cigarettes a day for 30 years, have not had lung cancer, and are in good health can get ahead of the disease with a low-dose computed tomography (CT) screening.

“Low-dose CT screening looks for nodules on the lungs, potential precursors of cancer,” says Richard Schaller, MD, FACEP, Emergency Medicine, RWJ Rahway. “Research has found that low-dose CT screening is more successful at early detection of lung cancer than chest X-ray, and it can lower the risk of dying from the disease.”

TYPE 2 DIABETES

With the United States in the midst of an obesity epidemic and the share of Americans with diabetes nearing 10 percent, screening for Type 2 diabetes, the most common form of the disease, is more important than ever.

“Individuals should have a fasting blood glucose test during every physical exam, beginning at age 40,” says Kamran Tasharofi, MD, Internal Medicine, RWJ Rahway. “That test shows how much sugar is in the blood at a given moment, like a snapshot in time. Age 40 is also the time to start having an annual A1C test, which measures the average amount of sugar in the blood during the previous three months. The lower the A1C results, the better controlled a person's blood sugar is.”

OSTEOPOROSIS

Bone loss is a natural part of aging, but if the body can't make enough replacement bone, osteoporosis sets in—and with it, a higher risk for fractures. Often, a broken bone is the way osteoporosis announces itself, but it doesn't have to be. A bone density test—also called dual-energy X-ray absorptiometry or DEXA—measures the bone mass in particularly at-risk areas, such as the hip and spine, to find out if osteoporosis is present. If so, patients can turn that knowledge into power by starting treatment and taking steps to avoid fractures. The National Osteoporosis Foundation recommends that women, who are most at risk for osteoporosis, have a bone density test starting at age 65, with repeat tests at the discretion of their physician. Men can wait until age 70 for their first test.

HEART DISEASE

Blood pressure and cholesterol are major heart disease risk factors, but they keep a low profile—neither typically causes symptoms, which makes monitoring them with screenings all the more important. The American Heart Association recommends blood pressure checks every two years beginning at age 20. That's also when it recommends a first cholesterol test, with additional ones every four to six years. A cholesterol test measures four things: total, LDL, HDL cholesterol, and triglycerides.

“LDL is ‘lousy’ cholesterol’ and HDL is ‘healthy’ cholesterol,” says Peter Lenchur, MD, FACC, Cardiology, RWJ Rahway. “It is important to manage LDL, especially for individuals who have had a heart attack, because studies show reducing LDL decreases the chance of another. Increasing HDL benefits the heart, but there are no medications that do that. Exercise is the only proven method.

“Patients have the power to modify most cardiovascular disease risk factors by changing their behavior,” Dr. Lenchur continues. “Screenings, in addition to alerting patients to problems early on, are opportunities to talk about ways to live healthier.”

Whether at the hospital or our physician practices, RWJ Rahway offers the screenings you and your family need. To find a primary care physician who can help you determine which tests to have when, call 1-888-MD-RWJUH (637-9584) or visit www.rwjuh.com. Ready to schedule a screening? Call outpatient scheduling at 1-844-RWJ-4YOU (795-4968).

6 Free Health Programs

Community Education to Help You Feel Your Best

WINTER 2017-2018

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

DECEMBER

12



Anti-inflammatory Foods

6 to 8:30 p.m. | Dietitians Christina Frescki, MBA, RD, and Diane Weeks, RDN, CDE, team up to talk about the importance of anti-inflammatory foods and how to incorporate them

into your diet. Lecture is followed by a cooking demonstration.

14



DVTs Won't Get Me!

6 p.m. | Thomas Kowalenko, DO, Family Practice

28



Weight-loss Surgery: Is It Right for You?

6:30 p.m. | Anish Nihalani, MD, FACS,

FASMBS, 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.

JANUARY

9



Foot Pain and What to Do About It

6 p.m. | Jason Galante, DPM, Podiatry

9

Winter Soups (Cooking Demo)

7 p.m. | Diane Weeks, RDN, CDE

4-WEEK HEALTHIER YOU PROGRAM

If you're an RWJ Rahway Fitness & Wellness Center member, join Christina Frescki, RD, MBA, for a four-week healthier you program. We'll discuss how to tweak your diet to incorporate foods that help you feel great. Program takes place at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, Scotch Plains. Tuesdays, Jan. 9, 16, 23, and 30, at 11:30 a.m. Call (732) 499-6210 to register.

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.rwjahr.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.

JANUARY

16

Employee and Community Blood and Platelet Drive

10 a.m. to 3:30 p.m. | Conference Room 1, Robert Wood Johnson University Hospital Rahway, 865 Stone St., Rahway. All donors receive a free t-shirt, cafeteria meal voucher, and the chance to win a gift card. Call (732) 499-6139 to register.

18



Supplements That May Lengthen Life

6 p.m. | Bernardo Toro-Echague, MD, Internal Medicine

23



Shoulder Pain: What to Do?

6 p.m. | Howard Pecker, MD, Orthopedics

23

Healthy Comfort Foods (Cooking Demo)

7 p.m. | Diane Weeks, RDN, CDE

24

How to Use the Overdose Drug Naloxone Plus Bystander CPR

6 p.m. | Prevention Links and RWJ Rahway Mobile Intensive Care Unit (MICU). Free Naloxone kit to the first 30 attendees. Call (732) 499-6193 to register.

25

Weight-loss Surgery: Is It Right for You?

6:30 p.m. | Anish Nihalani, MD, FACS, FASMBS, Bariatric Surgery. Registration is required. Please call (732) 499-6193.

31

Pelvic Floor Therapy

6 p.m. | Ilene Rosenthal-Schulman, PT. Do you leak when you cough or laugh? Pelvic pain? Pelvic floor therapy can help.

FEBRUARY

1



Fibromyalgia, Chronic Fatigue, and the Environment

6 to 8 p.m. | Arthur Brawer, MD, Rheumatology, Director of Rheumatology, Monmouth Medical Center, Clinical Assistant Professor Rutgers Robert Wood Johnson Medical School

6

Heart Happiness: What to Eat for Heart Health (Lecture)

11:30 a.m. | Christina Frescki, MBA, RD

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100. For Carteret, call (732) 366-3521.

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

FEBRUARY

6

Healthy Stir-Fry (Cooking Demo)

7 p.m. | Diane Weeks, RDN, CDE

8

Useful Screenings

6 p.m. | Thomas Kowalenko, DO, Family Practice

8

Weight-loss Surgery: Is It Right for You?

(RWJ Rahway Fitness Carteret, 60 Cooke Ave.) 6:30 p.m. | Anish Nihalani, MD, FACS, FASMBS, Bariatric Surgery. Registration is required. Please call (732) 499-6193.

13

Drug Trends: What's Out There You Need to Know About

6 p.m. | Prevention Links.

13

Eat a Rainbow (Lecture)

6 p.m. | Christina Frescki, RD, MBA. In the kitchen.

20

One-pot Meals: Easy, Filling, Heart Smart (Cooking Demo)

7 p.m. | Diane Weeks, RDN, CDE

22

Weight-loss Surgery: Is It Right for You?

6:30 p.m. | Anish Nihalani, MD, FACS, FASMBS, Bariatric Surgery. Registration is required. Please call (732) 499-6193.

27

NAMI Union County Public Meeting: Circle of Friends

7:30 p.m. | Join the Union County Chapter of the National Alliance on Mental Illness for a meeting featuring Joyce Benz, LCSW, Director of the Intensive Family Support Services of the Mental Health Association of New Jersey. Ms. Benz and NAMI members will lead a discussion about how to care for a loved one with mental illness. To register or for more information, call (908) 233-1628.

MARCH

6

Ask the Cardiologist

6 p.m. | Paul Schackman, MD, Cardiology

7

Treating Breast Cancer: The Latest in Radiation and Proton Beam Therapy

5:30 p.m. | Bruce G. Haffty, MD, FASTRO, Chief of Staff, Rutgers Cancer Institute of New Jersey, Professor and Chair, Department of Radiation Oncology, Rutgers, The State University of New Jersey

Check our website for speaker topics by visiting www.rwjahr.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.

Thank you

to all of our
donors and
friends in the
community.



Whether it's the first time a heart attack patient comes in for rehab, the first time a stroke patient speaks again, or the first time a wound patient spends a night without pain, your gift builds up Robert Wood Johnson University Hospital Rahway, ensuring the best care is here for all our patients, for the first time and every time.

Donor support truly does make a difference for patients at Robert Wood Johnson University Hospital Rahway.


For more information on how you can get involved, contact the Foundation at 732.499.6135 or Foundation.Rahway@RWJBH.org.

**Robert Wood Johnson
University Hospital
Rahway**

Foundation

RWJBarnabas
HEALTH



 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

WINTER 2017–2018

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

DECEMBER 28 Bariatric Support Group 5:30 to 6:30 p.m. | The group is run by a dietitian and will include speakers and topics of interest.

JANUARY

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

FEBRUARY

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

DECEMBER 13 Parkinson's Support Group 1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.

JANUARY

- 2 Diabetes Support Group**
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 10 Parkinson's Support Group**
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.

FEBRUARY

- 6 Diabetes Support Group**
7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 14 Parkinson's Support Group**
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.

MARCH

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7 to 8:30 p.m. | For more information, call (732) 499-6109. Free.
- 14 Parkinson's Support Group**
1 to 3 p.m. | Conference Room No. 3. For more information, call (732) 499-6193. Free.