

A Publication of
**ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL HAMILTON**

SUMMER 2019

healthy

together

**SURVIVING A
HEART ATTACK**

**INTEGRATIVE
GYNECOLOGY**

**STATE-OF-
THE-ART
CANCER
CARE**

**FITNESS TIPS
FROM BASEBALL PROS**



HEALTH NEWS

Celebrating a Good Year

Time really does fly. Already, a year has passed since we first announced our partnership with Rutgers University, one of the nation's leading public educators, to create a new state of health in New Jersey. We're thrilled by how much already has been accomplished and how our partnership is benefiting patients and communities across the state. And we're energized by our plans for the future.

Our medical group includes hundreds of primary care and specialty physicians with over 200 locations across the state. Our partnership with Rutgers gives each of these physicians seamless access to the strength of our combined, state-of-the-science medical expertise, services and treatments.

One of the most exciting things to come out of our partnership with Rutgers so far is the recently announced creation of a dedicated cancer hospital, to be built in New Brunswick on the Robert Wood Johnson University Hospital campus. This new cancer center of excellence will take on the most complex cases, enabling more cancer patients to stay in New Jersey close to family and friends for treatment.

The Cancer Center at Robert Wood Johnson University Hospital Hamilton provides the most advanced cancer treatment—close to home. We've invested millions in revolutionary cancer care for our community. Our cancer specialists provide renowned expertise and personalized treatment plans. State-of-the-art technology and patient access to clinical trials offer precision treatment options. Our signature holistic programs fill the mind and soul with comfort and relaxation during a difficult time. By caring for each patient's mind, body and spirit, we are unlocking the power of science and the soul to treat cancer—right here in Hamilton.

We look forward to bringing you many more benefits as we continue to hardwire Rutgers across the RWJBarnabas Health system.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH

RICHARD FREEMAN
PRESIDENT AND CHIEF EXECUTIVE OFFICER
ROBERT WOOD JOHNSON
UNIVERSITY HOSPITAL HAMILTON



More Convenient Primary Care

This fall, a new Robert Wood Johnson University Hospital (RWJUH) Hamilton primary care practice will open in Robbinsville. Other RWJUH Hamilton practices are located in Hamilton, Lawrenceville and Quakerbridge.

A NEW CANCER SPECIALIST

A new medical oncologist has joined the Cancer Center at RWJUH Hamilton. Philip A. Pancari, MD, who is board-certified in internal medicine, hematology and medical oncology, previously treated thousands of patients at Fox Chase Cancer Center in Philadelphia. He offers an array of novel treatments, including targeted medications and immunotherapies. Says Dr. Pancari, "I aspire to personally guide each patient not only to his or her best possible clinical outcome but also to make the journey one of comfort, confidence and empowerment."

A Culture of Inclusion

RWJUH Hamilton and Community Options, a nonprofit organization that assists with housing and employment support for people with disabilities, recently celebrated the success of their 15-year partnership. Three years ago, Jovani Rodriguez started working as a volunteer at the hospital with guidance from onsite job coach Patricia Pavlovsky. Food Service Director Allen Reigert noticed Jovani's work ethic and hired him as a Senior Food Service Worker. The three were honored in a ceremony at RWJUH Hamilton.

Robert Wood Johnson University Hospital Hamilton | **RWJBarnabas HEALTH**

1 Hamilton Health Pl., Hamilton Township, NJ 08690
609.586.7900

CONNECT WITH US ON

- @RWJHamilton
- @RWJHamilton
- RWJBarnabas Health
- www.linkedin.com/company/290186/admin

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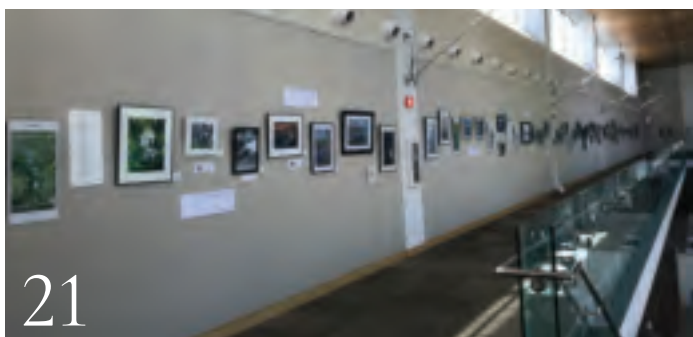
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2. WELCOME LETTER.

A community update from our CEOs.

4. COMMUNITY CALENDAR.

A roundup of health education and support programs.

8. MEDICAL SCHOOL FOR THE COMMUNITY.

Physicians teach students and adults about medical professions in a popular program.

9. CRANIAL TUMORS: HELP FOR HARD CASES.

Top neurosurgeons at RWJBarnabas Health tackle the toughest tumors.

10. PEAK PERFORMANCE: SECRETS OF BASEBALL PROS.

Healthy habits are no minor matter for these outstanding local players.

12. NEW CANCER TREATMENT, NEW HOPE.

CAR T-cell therapy is saving patients.

14. PARTNERING TO FIGHT PAIN.

One boy's chronic pain ordeal leads to help for other children.

15. HEART HEALTH: KNOW YOUR NUMBERS.

Keep on top of these tests to protect your heart.

16. THE KEY TO QUITTING SMOKING OR VAPING.

A free, proven program for people who've tried to quit before.

17. DELIVERING HIGH-QUALITY CARE.

Numerous accolades reflect the hospital's commitment to quality and safety.

18. A SECOND CHANCE.

Swift action helped to save the life of a patient who suffered a cardiac arrest.

20. CARING FOR THE WHOLE PERSON.

A gynecologist explains the benefits of integrative medicine.

21. COMMITTED TO THE BEST CARE.

The Foundation and Auxiliary work together to support hospital improvements.

22. BATTLING CANCER CLOSE TO HOME.

One patient received state-of-the-art care without a disruption in his schedule.

24. COMMUNITY CALENDAR.

Health screenings.



KidsFit Program for Weight-Challenged Youth and Teens

For ages 8 to 16 and a parent/caregiver. This nine-week, all-inclusive wellness program teaches children, teens and their families how to live a healthier lifestyle. The focus is on nutrition and healthy eating, physical activity, behavior changes and self-esteem. Call 609.890.4441 for registration information.

Bedside Harp®

Classes ongoing. For start dates or to register, call 609.273.0068 or visit www.bedsideharp.com.

• Instructional Folk Harp

Includes music and textbooks, ear training and more than 85 songs. Fee for 10-week semester: \$405*

Fee for five-week mini-semester: \$205*

*There is an additional onetime materials fee of \$125, which includes a comprehensive compendium of music, music theory, harp fundamentals and other materials. Harps and other music supplies are available for rent and/or purchase.

• Bedside Harp Circle

All ability levels. Our harp circles perform at various events throughout the year. Fee for harp circle with lessons for 10-week semester: \$125. Fee for harp circle with lessons for five-week semester: \$62.50

Smoking Cessation

Start with a consultation. To register, call Vivian Owusu-Mensah: 609.584.2826

Kids in the Kitchen

Hands-on cooking class directed by a dietitian. For children ages 6 and older with parent/caregiver. Fees: \$5 per child and \$5 per parent/caregiver. Register early; limited class size.

Community Education

• Peaches and Watermelon Galore!

Enjoy the summer's harvest and the sweetness of natural sugars.

Thu., August 1, 6:30 to 8 p.m. (ages 6+)

Fri., August 2, 11 a.m. to Noon (ages 3 to 6)

• Brown Bag It!

Kid-friendly ideas for healthy packed lunches.

Thu., September 19, 6:30 to 8 p.m.

• Good and Ghoulish!

Creative creations for a healthy Halloween.

Thu., October 17, 6:30 to 8 p.m.

Ask the Diabetes Educator

Fri., August 2; September 6 & October 4; 10 a.m. to Noon

Bring questions about pre-diabetes, type 1 diabetes and type 2 diabetes. Marguerite Billie O'Donnell, BSN, RN, CDE. Appointment necessary (every 30 minutes).

Hernia: What is that Bulge?

Thu., August 8; 6 to 8 p.m.

A hernia occurs when soft tissue or part of an organ squeezes through a weak spot in a muscle wall or band of tissues. Types of hernias include hiatal, umbilical and inguinal. Signs, symptoms and treatment will be discussed. Elie Goldenberg, MD

Ask the Nurse Practitioner

About Lung Health

Mon., August 12, September 9 & October 14; 10 to 11 a.m.

Do you have concerns about lung cancer, COPD or other lung disease risk factors and symptoms? Our nurse practitioner can help determine your risk. Lung cancer screening available to current or former smokers only. Vivian Owusu-Mensah, MSN, RN, ANP-BC, OCN

• Yoga Nidra/Complete Relaxation

Tue., August 13, 7 to 8:30 p.m.

Yoga Nidra, also called Yoga Sleep, is a state in which the

body is completely relaxed yet aware of your "inner world."

Please bring a yoga mat or blanket. No yoga experience necessary. Fee: \$15. Michelle Wood, Yoga Instructor

Ask the Dietitian

Wed., August 14, 9 to 11 a.m.

Wed., September 25, 9 to 11 a.m.

Tue., October 29, 1 to 3 p.m.

Do you have questions about diet and nutrition? Join Michelle Summerson, MEd, RD, for a one-on-one question-and-answer session, and receive a body fat screening. Registration required.

Lunch & Learn: Know More About Hearing Aids

Wed., August 14, September 11, October 9; Noon to 1 p.m.

Get the answers to your questions about hearing aids and try out the devices we offer. Lunch is complimentary.

• Private Reiki Sessions

Wed., August 14, September 11, October 9; 5 to 8 p.m. by appointment

Tue., August 20, September 17, October 15; 2 to 5 p.m. by appointment

Enjoy the profound relaxation of a private Reiki session with Patti McDougall, BSN, Integrative Therapies Nurse, Reiki Master.

Fee for a half-hour session: \$40; 1-hour session: \$80

Women & Self Care

Thu., August 15; 6 to 8 p.m.

Obtain tips on balancing the many demands of life while maintaining optimal health from a full-time, working mom and a tireless women's health advocate. Anjali Bhandarkar, MD. Light refreshments served.

• Orders of Love: An Introduction to Family Constellations

Thu., August 15; 6 to 8 p.m.

The Orders of Love (Bert Hellinger) operate in family systems and human relationships. When respected, they allow for the flow of love and healing. During this session, you will learn how family constellations work. Fee: \$15. Rotger Heilmeier, psychologist

• Create Your Own Vision Board

Tue., August 20, 10 a.m. to Noon

Creating a vision board can help you unlock dreams and goals for the future. Discover what you would like to be, do and have. Vision boards add clarity to your wishes and feeling to your vision. Supplies will be provided, but bring scissors.

FIRST SATURDAY WALKS

Walking in Nature: A Prescription for Better Health

Come discover the Abbott Marshlands with a knowledgeable guide. Each **First Saturday Walk** will explore a different part of this rich and diverse natural area. Guides and locations will vary so that all marshland trails will be explored during the year. For meeting times, location, trails and cancellation information, visit www.abbottmarshlands.org.

Robert Wood Johnson University Hospital Hamilton is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P190-10/15-19. Provider Approval is valid through October 2021.

Weight Loss: Medical and Surgical Options

Tue., August 20, September 17, October 15; 6 to 7 p.m.

Explore the options for shedding unhealthy weight. The new Center for Weight Loss provides medically supervised weight loss and bariatric surgery. Bring your questions for our bariatric coordinator and physician.

The Healthy Hip: An Orthopedic Perspective

Tue., August 20; 6 to 8 p.m.

The goal of hip preservation is to allow a patient to preserve his or her natural hip joint and protect it from future injury. Joshua S. Hornstein, MD, Diplomate, American Board of Orthopaedic Surgery, and fellowship-trained in sports medicine, specializes in arthroscopic surgery, shoulder surgery and sports medicine. Arjun Saxena, MD, fellowship-trained orthopedic surgeon

Mindfulness Meditation

Wed., August 21, September 18, October 16; 1 to 2 p.m.

Meditation is free, easy to learn and the greatest gift you can give yourself for health and vitality. Learn simple techniques to slow down and become calm. No experience necessary. Patti McDougall, BSN, Integrative Therapies Nurse

HealthRhythms® Drumming

Wed., August 21, September 18, October 16; 7 to 8 p.m.

HealthRhythms®, an evidence-based program, strengthens the immune system and reduces stress. It's also great fun! Drums provided or bring your own. Fee: \$15. Mauri Tyler, CTRS, CMP

Spine Health

Tue., August 27; 6 to 8 p.m.

Spinal disk degeneration and narrowing of the spinal canal may occur as part of the natural aging process. Common spinal conditions will be discussed, as well as diagnosis and treatment options. Marc Levine, MD, spine surgeon

Reiki Share

Wed., August 28, September 25, October 23; 7 to 9 p.m.

Those who are Reiki certified can share the gift of Reiki with each other. Bring a pillow, a small sheet and blanket. Fee: \$5

Ask the Diabetes Team

Thu., September 5; 10 to 11:30 a.m.

Do you have questions about the lifestyle changes required to achieve better control of your diabetes or prediabetes? Bring them to our Diabetes Educator, Registered Dietitian and Health Coach.

Pathwork: First Friday Lecture Study

Fri., September 6, October 4; 7 to 9 p.m.

(No class in August)

Pathwork, a body of practical spiritual wisdom, presents a step-by-step journey of self-discovery. This year's theme: Learning to Love. Amy Rhett, Certified Pathwork Helper

Sound Healing: Gong Immersion

Tue., September 10, 6 to 7:30 p.m.

Use breath work and gentle stretching to prepare for

extended immersion in the transformative vibration of a 32-inch gong. Let the sound cut through blocks in the body and psyche to help you feel cleansed, renewed and expanded. Bring a yoga mat and/or blanket or sit in a chair. Carol Ann Meier, Kundalini yoga instructor, Reiki Master II. \$15

Tools to Manage Priorities

Thu., September 12; 6 to 7:15 p.m.

Are you challenged by conflicting priorities? Life Success Coach Natasha Sherman will present tools and strategies to effectively manage the seemingly "unmanageable."

Orthopedic Open House: Joint Replacement

Thu., September 12; 6 to 8 p.m.

Discover the latest advances in knee and hip replacement surgery, including robotic-assisted surgery. Learn how the

Center for Orthopedic & Spine Health and our rehabilitation team prepares you for a successful joint replacement. Dinner included. Michael R. Duch, MD, fellowship-trained orthopedic surgeon

Reiki Level II Certification

Sat., September 14, 10 a.m. to 4:30 p.m.

To deepen the effect and experience of Reiki, students are trained in the use of three symbols to access Reiki mentally for distance healing. Prerequisite: Reiki level I training and certification. Patti McDougall, BSN, Integrative Therapies Nurse, Reiki Master/Teacher. 6 CEU credits offered for nurses: \$170

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Fall Mini Medical School

Tue., September 10, 17, 24; October 1, 15, 22, 29; November 5; 6 to 8 p.m.

RWJUH Hamilton physicians teach this eight-week course. Each student will receive a diploma at completion. Fee: \$100 (includes textbook). FREE to high school students.

WEEK 1: September 10

• Opening Address and Welcome

F. Javier Villota, MD, Medical Director, Occupational Medicine and Corporate Health, Travel Medicine and Medical Director of Mini Medical School

• Digestive System Diseases—GERD, Ulcers, Stomach Cancer, etc.

Herve Boucard, MD, board-certified in internal medicine, gastroenterology and hepatology and fellowship-trained in gastroenterology and hepatology

WEEK 2: September 17

• Diseases of the Liver

Shivaprasad Marulendra, MD, board-certified in internal medicine and fellowship-trained in gastroenterology

WEEK 3: September 24

• Understanding the Cardiovascular System

Justin M. Fox, MD, FACC, board-certified in internal medicine, cardiovascular diseases, interventional cardiology and nuclear cardiology

WEEK 4: October 1

• The Shoulder: Diagnosis and Treatment

Joshua S. Hornstein, MD, Diplomate, American Board of Orthopaedic Surgery and fellowship-trained in sports medicine. He specializes in arthroscopic surgery, shoulder surgery and sports medicine.

WEEK 5: October 15

• Male Urological/Reproductive System

Jarad Fingerman, DO, board-certified in urology

WEEK 6: October 22

• Peripheral Artery Disease and Wound Care

Reza A. Shah, DO, FAPWCA, board-certified general surgeon, fellowship-trained in vascular surgery

WEEK 7: October 29

• Cancer: Get the Facts

Maqsood Amjad, MD, Diplomate in internal medicine, hematology and medical oncology

WEEK 8: November 5

• Travel Medicine

Dr. Villota

Take Control of Your Health
Wed., September 18, 25; October 2, 16, 23 & 30; 1 to 3:30 p.m.

This six-week interactive program designed by Stanford University teaches the skills needed for the daily management of chronic conditions, such as diabetes, arthritis, heart disease and back pain. Textbook included.

Make it Mediterranean!
Tue., September 24; 10 to 11 a.m.

September is Cholesterol Education Month. What better way to “celebrate” than with one of the healthiest eating styles around. Recipes and food sampling. Fee: \$5 per person. Please register 48 hours in advance.

Toxic Beauty
Thu., October 3; 6:30 to 7:30 p.m.

Learn about the connection between illness, disease and personal care and beauty products. Gina Di Iorio, Home Health Advocate and Clinical Nutritionist

Safety and Security in Today's World
Wed., October 9; 6 to 8 p.m.

Increase your safety awareness knowledge. This program is designed to teach young women valuable personal safety tips and introduce them to self-defense techniques to protect themselves and others. Robert Field, AVP

Using Essential Oils for Emotional Balance
Thu., October 10; 1 to 2:30 p.m.

Essential oils are powerful gifts of nature. Learn how to use them safely and effectively for emotional balance. Stephanie Williams

Just For Girls
Thu., October 10; 6 to 8 p.m.

Bring your 9- to 11-year-old daughter to this fun introduction to puberty, body image, self-esteem and nutrition. Join us for an interactive evening to help guide your daughter through this significant time in her life. Fee: \$12 per child, caregiver free. Book included: *American Girl: The Care & Keeping of You*. Patti McDougall, Integrative Therapies Nurse

Ladies Night Out
Fri., October 11; 6 to 8 p.m.

Back by popular demand. Join us for painting, fun and an informative lecture on preventing breast cancer in 2019 by Firas Eladoumikdachi, MD, FACS, Program Director, Rutgers Cancer Institute of NJ at Hamilton. Light refreshments will be provided.

Reiki 1 Certification
Sat., October 12; 10 a.m. to 4:30 p.m.

Reiki means “spiritual energy” or “transcendent life force,”



Look for programs like these and other new offerings with the new Better Health program for members age 50 or better!

50+ Bridge Club
Mon. & Fri., Noon to 3 p.m.

Join us if you have basic knowledge of the game and point system.

50+ Charity Knitting Club
Wed., 10 a.m. to Noon

Knitters make articles for hospital patients. Experienced knitters at all levels are welcome. For more information, call 609.298.7040

State Health Insurance Assistance Program (SHIP)

Trained counselors provide free, objective, confidential help with questions and issues related to Medicare. Call for an appointment at 609.695.6274, ext. 215

Grief & Loss Group for Older Adults
Thu., August 1 & 15; September 5 & 19; October 3 & 17; 1:30 to 2:30 p.m.

If you've lost a loved one or been separated from your

which is a noninvasive, gentle touch that accelerates the body's natural healing processes, supports mental and emotional healing, and gives an overall sense of well-being. Learn this powerful technique and practice on yourself, friends and pets. You will learn the history, proper hand placement and have lots of time for practice. Patti McDougall, Integrative Therapies Nurse and Reiki Master/Teacher. Fee: \$170. 6 CEUs for nurses

Self-Love Rising
Tue., October 22; 6:30 to 8 p.m.

Through a series of fun practices, learn to

acknowledge limiting thoughts, call in role models, and explore a variety of ways to release fear and self-judgment and to feel Self-Love Rising. Carol Ann Meier, Yoga and Meditation Instructor and Reiki Master Teacher. Fee: \$15

How to Stay Motivated and Reach Your Goals
Thu., October 24; 6 to 7:15 p.m.

One of our biggest challenges is how to stay motivated so we can reach our goals. Tools, strategies and concepts can help you. Natasha Sherman, Life Success Coach.

Seniors

Support groups accept walk-ins. All programs are FREE unless otherwise noted.

support system, you can find comfort and begin to cope better by interacting with others.

The AARP Driving Course
Mon., August 5, September 9 & October 7; 9 a.m. to 3 p.m.

Be a safer, better driver. Most insurance companies will lower your premium with a completion certificate. Bring your NJ or PA driver's license. Fee: \$20; \$15 AARP members. (cash or check only)

Letting Go of Clutter
Tue., August 13, September 10, October 8; 1:30 to 3 p.m.

This support group explores how our emotional ties to our “stuff” can create clutter and affect our mood.

Discovering the Gold in the Golden Years
Tue., 1:30 to 2:30 p.m.

An upbeat, safe place for older adults to express concerns and talk openly about stressors in a discussion group format.

- **August 20:** A Better Night's Rest
- **September 17:** Fall Prevention
- **October 15:** Seniors and Exercise

The Wise Woman: Positive Aging
Thu., 1:30 to 3 p.m.

As we age, the twists and turns of life challenge us to remain positive and stay engaged in life. Interactive group format.

- **August 22:** Thanks for the Memories
- **September 26:** Balance: Physical and Emotional
- **October 24:** 7 Health Issues of Aging

Catch That Fall Before It Happens
Fri., September 27; 9:30 a.m. to Noon

It's Fall Prevention Awareness Week! Physical therapist Maureen Stevens will discuss risk factors, prevention and staying safe in your home. Light refreshments. Fall risk assessment by appointment.

Medicare Drug Plan: What is Best for YOU?
Tue., October 22; 1:30 to 3 p.m.

Learn how to select for 2020. Be informed because pricing and coverage change annually. Watch a demonstration of the internet-based “Medicare Drug Plan Finder” and receive a workbook.

MEDICAL ADVISORY PANEL MEMBERS

The following physicians and experts provide guidance and expertise in developing our community health education programs.

Richard Freeman, CEO
Seth Rosenbaum, MD, CMO/Infectious Disease
F. Javier Villota, MD, Chair, Internal & Occupational Medicine
Diane Grillo, MBA, VP Population Health
Maqsood Amjad, MD Hematology/Oncology
Prajakta Avhad, MD, Pain Management
Leslie Adelman Banks, Fitness & Wellness Center/Managing Partner
Hari Bezwada, MD, Orthopedic Surgery
Anjali Bhandarkar, MD, Internal Medicine
Gurvan Blackman, MD, Interventional Radiology
Sean Bradley, DMD, Oral & Maxillofacial Surgery
Oleg Chebotarev, MD, Cardiology
Paul Codjoe, MD, Orthopedics
George DiFerdinando, Jr., MD, MPH, Public Health
Michael Duch, MD, Orthopedics
David Eingorn, MD, Orthopedics
Firas Eladoumikdachi, MD, Oncology/Breast Surgery
David Feldstein, MD, Interventional Radiology
Jarad Fingerma, DO, Urology
Elie Goldenberg, MD, General & Bariatric Surgery
Dorota Gribbin, MD, Physical Medicine & Rehab/Pain Mgmt.
Jay Groves, EdD, MMHC, Fitness & Wellness Center
Joshua Hornstein, MD, Orthopedics
Navatha Kurugundla, MD, Pulmonology/Sleep Medicine
Kevin Law, MD, Critical Care/Sleep Medicine
Marc Levine, MD, Orthopedic Spine Surgery
Matthew Lynch, MD, Plastic & Reconstructive Surgery
Biagio Manna, DO, Thoracic Vascular Surgery
Shivaprasad Marulendra, MD, Gastroenterology
Ronniel Nazarian, MD, Orthopedic Surgery
Anthony Notaroberto, F&WC, Manager – Trainers
John Nolan, MD, Orthopedics
Earl Noyan, MD, Bariatric Surgery
Marguerite O'Donnell, BSN, RN, Educator, Community Education
Rao S. Pasupuleti, MD, Neurology
Val Prokurat, DO, Bariatric Surgery
Nazer Qureshi, MD, Neurosurgery
Pam Randolph, PT, DPT, Director, Rehabilitation Services
Adam Redlich MD, Sports Medicine
Donna Reger, MD, Internal & Occupational Medicine
Anthony Ricketti, MD, Allergy & Pulmonology
Arjun Saxena, MD, Orthopedics
Reza Shah, DO, General/Vascular Surgery
Robert Silverbrook, DO, Internal Medicine
Lauren Stabinsky, MSN, RN, Dir., Community and Corporate Wellness
Kim Zambito, MD, Hand Surgery

Support Groups & Caregiving

Unless otherwise noted, support groups and caregiving classes are held at the RWJ Fitness & Wellness Center, 3100 Quakerbridge Road. All groups are FREE unless otherwise noted.

DIABETES SUPPORT GROUP
Fri., August 2, September 6 & October 4;
1:30 to 3 p.m. 609.587.5900.

CAREGIVER SERIES: CARING FOR LOVED ONES WITH CHRONIC CONDITIONS
Mon., 10:30 to 11:30 a.m.

- **August 5:** Coping with Memory Loss
- **August 19:** Importance of a Living Will
- **September 16:** Hiring a Home Care Worker
- **September 30:** Medicare and Medicaid
- **October 7:** How to Control Caregiver Burnout
- **October 21:** Making Placement Decisions

Caring for a chronically ill senior can take a physical and emotional toll on family members. An Oaks Integrated Care Senior Well-Being Specialist

ADULT CHILDREN CARING FOR PARENTS
Mon., 5:30 to 7 p.m.

- **August 5:** Medicare and Medicaid
 - **August 12:** Making Placement Decisions
 - **September 16:** How to Control Caregiver Burnout
 - **September 23:** Importance of a Living Will
 - **October 7:** Home Care versus Placement
 - **October 14:** Resources in the Community
- An Oaks Integrated Care Caregiver Specialist will conduct these interactive workshops on crucial topics and facilitate a supportive group experience.

STROKE SURVIVORS SUPPORT GROUP
Wed., August 7, September 4 & October 2;
6 to 7:30 p.m.

CAREGIVER SUPPORT GROUP
Wed., August 7, September 4, October 2;
5:30 to 6:30 p.m.

Supportive discussion group for those caring for a loved one who is aging or has a chronic illness. Shared experiences can be healing. Oaks Integrated Care



BARIATRIC WEIGHT LOSS SUPPORT GROUP

Tue., August 13, September 10, October 8; 6 to 7 p.m.
Call 609.249.7510 to register.

QUIT SMOKING/TOBACCO CESSATION SUPPORT GROUP

Thu., August 15, September 19 & October 17
6 to 7 p.m.

Group counseling. Prescriptions for smoking cessation tools, such as gums and patches, available upon request.

To register, call Vivian Owusu-Mensah
609.584.2826.

ALZHEIMER'S SUPPORT

Wed., August 21, September 18 & October 16
6 p.m.

Call Oaks Integrated Care at 609.396.6788, ext. 89713, for information.

BREAST CANCER

Meets first Tue.; 6:30 p.m.

Cancer Institute of New Jersey, 2575 Klockner Road, Hamilton. 609.584.2836

BEREAVEMENT

Call 609.631.6980 for registration and location.

NICOTINE ANONYMOUS

Fri., 7 p.m.

Outpatient Auditorium, RWJ Hamilton Hospital, 1 Hamilton Health Place. Call 609.584.0122 for information. No registration required.

PERIPHERAL NEUROPATHY

Call 609.587.7215

CONTINUED ON THE BACK COVER



Left: F. Javier Villota, MD, Medical Director of the program, speaks to students during a recent class. Above, from left: Dr. Villota; Billie O'Donnell, BSN; Ernani Sadural, MD; and Lauren Stabinsky, MSN, Director of Community Education.

MEDICAL SCHOOL FOR THE COMMUNITY

PHYSICIANS TEACH STUDENTS AND ADULTS ABOUT MEDICAL PROFESSIONS IN A WILDLY POPULAR PROGRAM.

There are few opportunities for high school students and community members to learn about career pathways to medicine. That's one reason Robert Wood Johnson University Hospital (RWJUH) Hamilton launched the Mini Medical School program 18 years ago. Today, the class series—which is offered twice a year—is popular among high school students (kids from 14 area high schools attend), as well as adults. This spring, 96 attendees participated in the program and 50 people were on the waiting list. “Our goal is to get participants excited about medicine,” says F. Javier Villota, MD, CIME, Medical Director of Occupational and Corporate Health, Travel Medicine and the Mini Medical School program.

A VARIETY OF CLASSES

In the fall, an eight-week Mini Medical School teaches attendees about the body through lectures. Each week, a physician

discusses a different part of the body, such as the heart, gallbladder, liver, pancreas and digestive system. Lecturers explain how they diagnose various conditions and how their careers started.

In the spring, the hospital chooses one health topic to focus on during a four-week session. Last year, it was the opioid epidemic; this year, the focus was on global medicine. Dr. Villota spoke about his experiences as a physician in Mexico and Guatemala, and other physicians, including Ernani Sadural, MD, Director of Global Health for RWJBarnabas Health, discussed their experiences practicing medicine in countries such as Haiti, Grenada, the Dominican Republic, Nepal, India, China, Pakistan, Lebanon, Fiji and the Philippines.

At the end of each session, which is held at the Center for Health & Wellness at RWJ Fitness & Wellness, participants receive a certificate of completion, a health guide and a graduation ceremony. “This program can

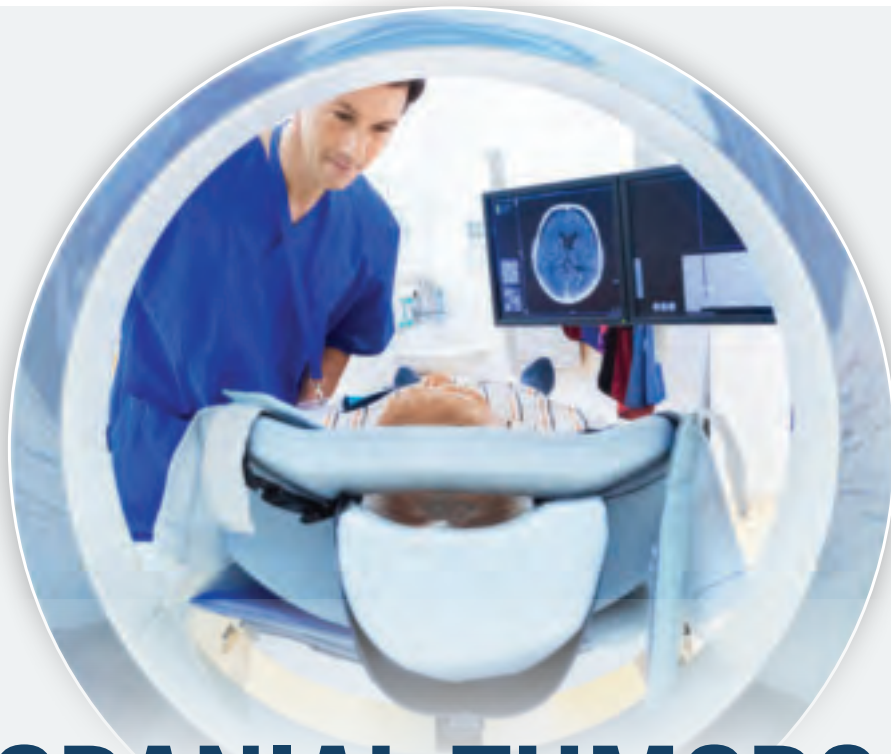
MEETING THE COMMUNITY'S NEEDS

Every three months, the Medical Advisory Panel (MAP), composed of healthcare professionals in a variety of specialties, meets to review the community education programs at Robert Wood Johnson University Hospital (RWJUH) Hamilton. They discuss the needs of the community and how the hospital's educational offerings can best serve its neighbors. For instance, diabetes is a major public health concern, so MAP members decided to increase the offerings that focus on diabetes. “I'm proud of MAP because we get ideas for classes from the members,” says F. Javier Villota, MD, the MAP chair. “Physicians suggest programs based on their observations while caring for patients.”

be life-changing for adults and high school students alike,” says Billie O'Donnell, BSN, RN, CDE, a community nurse educator who coordinates the program. “One adult participant who already had a family decided to go to medical school and became a gastroenterologist. There are lots of seeds being planted.”

For a calendar of upcoming community education programs, see pages 4 to 7 of this issue of *Healthy Together*. To register for a program or event, call **609.584.5900**. Mini Medical School is free for students. For adults, the fee is \$40 for the spring session and \$100 for the fall session.





CRANIAL TUMORS: HELP FOR HARD CASES

**HOW TOP NEUROSURGEONS AT RWJBARNABAS HEALTH
TACKLE THE TOUGHEST TUMORS.**

Cranial tumors are never easy to treat, but some are especially challenging. Those cases are often sent to Anil Nanda, MD, MPH, and the team of expert neurosurgeons affiliated with RWJBarnabas Health (RWJBH).

Recently, for example, there were the cases of an 8-year-old girl with an arteriovenous malformation, a bird's nest-like tangle of blood vessels at the top of her spine that paralyzed her, and a 21-year-old woman with a hemorrhaged brain stem cavernoma. Both patients were referred to Dr. Nanda and the enhanced neurosurgical program he is creating with colleagues throughout RWJBH. The lesions were successfully removed.

"People should know that we can take care of very complicated neurosurgical issues with good

outcomes right here in New Jersey," says Dr. Nanda, who has been recognized as a global leader in neurosurgery.

But Dr. Nanda is not just building a practice that specializes in cranial tumors in his roles as Senior Vice President of Neurosurgical Services for RWJBH and Professor and Joint Chair of the Department of Neurosurgery at both Rutgers Robert Wood Johnson Medical School and Rutgers New Jersey Medical School. Dr. Nanda is creating a world-class center of neurosurgery at RWJBH. In addition to providing state-of-the-art training for medical residents, the effort is attracting top talent to New Jersey from all over the world.

GRATIFYING RESULTS

Neurosurgery services at RWJBH cover many areas, including spinal disease, stroke, aneurysms, brain trauma and more.

Dr. Nanda's specialty is surgery of the skull base, an area formed by bones at the bottom of the skull that is crisscrossed by nerves and blood vessels carrying messages and oxygen to the brain.

Last fall, an especially challenging patient was referred: a 38-year-old woman whose personality had been slowly deteriorating over the previous five years. She had become hostile to family and friends, and her memory and cognition were impaired.

Finally, an MRI of the woman's brain found the cause of her problems: a 9-centimeter (approximately 3.5-inch) meningioma, a benign, slow-growing tumor that forms on membranes covering the brain.

"The tumor's pressure on her frontal lobe—which handles cognitive functions such as planning, memory and emotional expression—was so great that it had been compacted and barely showed on the MRI," says Dr. Nanda.

During surgery, Dr. Nanda first stopped the tumor's blood supply, then began the removal process. "After a difficult operation, the growth was entirely removed, and with the pressure gone, the frontal lobe expanded to its normal size," he says.

Three days later, the woman was sitting up and talking and her former upbeat personality had begun to return.

"It was really gratifying for our team to be able to effect such a dramatic change," says Dr. Nanda.

"Symptoms like this woman's are often chalked up to depression or schizophrenia or, in the case of an older person, dementia," he explains. "In such cases, it's important to investigate possible causes in detail, sooner rather than later."

For residents of New Jersey and the region, the good news is that excellent care for such conditions is available close to home. Says Dr. Nanda, "RWJBarnabas Health is building a team of top neurosurgeons and other experts in neuroscience that is among the best in the world."



ANIL NANDA, MD

To learn more about New Jersey's most comprehensive neurosurgery program, call **833.656.3876** or visit www.rwjbh.org/neurosurgery.



PEAK PERFORMANCE:

SECRETS OF BASEBALL PROS

A HEALTHY LIFESTYLE IS NO MINOR MATTER FOR THESE OUTSTANDING LOCAL PLAYERS.

When they unleash a blazing pitch or knock one out of the park, star baseball players can seem like superheroes. Granted, they *are* gifted. But to perform at that level, standouts from minor league baseball teams abide by healthy principles that weekend warriors and young athletes can share.

RWJBarnabas Health (RWJBH) partners with four top minor league baseball teams in the state: The Lakewood BlueClaws, New Jersey Jackals, Somerset Patriots and Trenton Thunder. What RWJBH and the

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

A PARTNERSHIP WITH IMPACT: At left, RWJBarnabas Health and the Lakewood BlueClaws teamed up to deliver much-needed baseball gear to the children of Puerto Rico after Hurricane Maria. RWJBH also delivered medical supplies to the island as part of its social impact and global health initiatives.

HEALTHY FAMILY FUN: Below, the Somerset Patriots play at the 6,100-seat TD Bank Ballpark in Bridgewater.



ALFREDO RODRIGUEZ

INFIELDER | SOMERSET PATRIOTS
HEIGHT: 6'0" | WEIGHT: 175

STRETCH FOR SUCCESS: "Warm-ups used to be static, but now we have dynamic warm-ups, which do a better job of getting your body ready for whatever you want it to do. That means moving while stretching, like walking or pulling a knee to the chest."



JACK PERKINS

PITCHER | LAKEWOOD BLUECLAWS
HEIGHT: 6'4" | WEIGHT: 200

GET A LEG UP: "If you're a pitcher for your school or local team, the best thing to do is get your legs as strong as possible with squats, running and sprints. Legs are the strong foundation that's going to take you deep into games and give you more velocity."



MICHAEL DILL PHOTOGRAPHY

GARRETT WHITLOCK

PITCHER | TRENTON THUNDER
HEIGHT: 6'5" | WEIGHT: 190

CORE PRINCIPLES: "A good strong core is important for anybody to keep a healthy balance. I do planks and also 'dead bugs'—exercises where you lie pressed flat on the floor and extend your arms and legs."



CONRAD GREGOR

INFIELDer/OUTFIELD | NEW JERSEY JACKALS
HEIGHT: 6'3" | WEIGHT: 220

CONSISTENCY IS KEY: "If you don't have time to get to a gym, do body-weight exercises that don't require equipment—pushups, squats, squat thrusts and similar exercises. That's what I do in my hotel room when we're on the road."

ball teams have in common is their community- and health-oriented focus. "Minor league baseball has a strong grassroots spirit that you don't necessarily see in professional sports," says Michael Knecht, Senior Vice President, Strategic Marketing and Communications for RWJBH. "These are organizations that are embedded in the communities we serve, and that have similar missions and values." Any given season might feature a celebration of patients, social outreach or healthy lifestyle education for fans.

In that spirit, top players, at right, reveal their fitness tips for peak performance.

NEW CANCER TREATMENT, NEW HOPE

HOW CAR T-CELL THERAPY HELPED A PATIENT WHEN CHEMOTHERAPY COULD NOT.

Dave Rodney, 62, didn't have time to be sick. A professional concert and travel promoter, and an avid musician and cook, he had too much living to do.

But in August 2017, while working out, Dave felt a slight discomfort in his lower abdomen. He assumed he'd pulled a muscle. However, at a routine physical shortly afterward, his doctor advised him to go to the Emergency Department at Saint Barnabas Medical Center (SBMC) in Livingston.

There, a scan revealed an abdominal mass. Dave was admitted for further tests. The eventual diagnosis: diffuse large B-cell lymphoma (DLBCL). This aggressive blood cancer, a form of non-Hodgkin lymphoma, usually starts as a fast-growing mass in a lymph node.

From September 2017 through January 2018, Dave was treated with chemotherapy under the care of Andrew Brown, MD, a medical oncologist with The Cancer Center at SBMC. Unfortunately, a first round was unsuccessful, as was a second round with a different medication.

The next step would typically be to assess whether a stem cell transplant might work. But now, there is also a new treatment called CAR T-cell therapy. "It was very important that I get him to a specialty center that handles complex cases," says Dr. Brown. "Because of our health system's partnership, I sent him down to Rutgers Cancer Institute of New Jersey and Robert Wood Johnson University Hospital in New Brunswick."

NEW POSSIBILITIES

In the fall of 2017, the Food and Drug Administration made a big announcement: It had approved CAR T-cell therapy for adults with DLBCL and for children and young adults with acute lymphoblastic leukemia.

In this therapy, T cells (a type of immune system cell) are taken from a patient's blood. In a laboratory, a chimeric antigen receptor (CAR), which binds to a certain protein on the patient's cancer cells, is added to each cell. These CAR T cells are then added back to the patient's blood to attack cancer cells.

The treatment is given only to patients whose cancer has proven resistant to chemotherapy and who may not be good candidates for stem cell transplants. Further, it can be offered only at centers that have clinicians, nurses and other healthcare

professionals who are FACT (Foundation for the Accreditation of Cellular Therapy)-certified.

The teams at Robert Wood Johnson University Hospital (RWJUH) and Rutgers Cancer Institute fit the bill. Dave Rodney would be their first patient for CAR T-cell therapy.

"This is a transformative therapy," says Dennis Cooper, MD, Chief, Blood and Marrow Transplantation at Rutgers Cancer Institute. "In the past, if a patient with this type of lymphoma wasn't responsive to chemotherapy, apart from experimental treatments we were essentially out of luck. Now we have a new option that's potentially curative."

MOVING AHEAD

Dave met with Dr. Cooper in March of 2018. At that and subsequent visits, he learned more about the procedure and its potential benefits and risks.

"They were very honest and open," Dave says. "Yes, I'd be the first. But on the plus side, many eyes and ears would be watching me to make sure everything went well. What they said made perfect sense, so I was sold."

"I can't think of a time in my career where the staff spent so much time, collectively, preparing to treat a patient," says Dr. Cooper. "There are strict criteria for care when a patient is getting CAR T cells, encompassing everything from the electronic record to drugs that can cause a reaction, and more."

"Everyone in the hospital was very committed. The people who work in the blood and marrow transplant unit, the ICU nurses, the nurse practitioners, the rapid response teams, the neurology attendings and literally every medical resident went through training before we treated our first CAR T-cell patient."


After thorough preparations, Dave's T cells were collected and sent to a laboratory



ANDREW BROWN, MD



DENNIS COOPER, MD



Dave Rodney, the first CAR T-cell therapy patient at Rutgers Cancer Institute of New Jersey and Robert Wood Johnson University Hospital, is back to doing the things he loves.

PHOTO CREDIT: JOHN O'BOYLE.



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

in California to be re-engineered, a process that takes several weeks.

In November, Dave received a mild pre-treatment chemotherapy to clear his blood of lymphocytes that could compete with CAR T cells. Then he was admitted to RWJUH to receive brand-new CAR T cells via infusion. He stayed in the hospital for two weeks as his body adjusted.

"It's impossible to describe the high level of care I had—the professionalism, expertise, warmth and caring," Dave says. "These are the best people on the planet!"

AN EXCITING FUTURE

CAR T-cell therapy is currently under consideration to treat some forms of myeloma, a cancer of plasma cells. "CAR T cells are also being modified in the hope they can work on solid tumors—brain tumors, abdominal tumors," says Dr. Cooper. "People are realizing that you can redirect CAR T cells to almost any target you want, as long as it's on a tumor cell and not a normal cell."

Unlike in chemotherapy, which kills both healthy and cancer cells, the CAR T cells remain in the patient's body for months and continue fighting the cancer. "There's a lot of work happening on ways to make CAR T cells stay in action even longer," says Dr. Cooper.

Dave continues to return for scans to check on his progress. Meanwhile, his return to normal activity is encouraging.

"I'm as busy as ever," Dave says, "feeling better and doing all the things I love doing."

A version of this article first appeared in the Rutgers Cancer Institute of New Jersey publication Cancer Connection.

To learn more about CAR T-cell therapy at Rutgers Cancer Institute of New Jersey, visit www.cinj.org/car-tcelltherapy or call **844.CANCERNJ**.



From left, Gail Knight, MD, Senior Vice President and Chief Medical Officer, Rady Children's Hospital; Michael Dribbon, PhD, Vice President of Business Development and Chief Innovation and Research Officer, CSH; Patrick Frias, MD, President and CEO at Rady Children's Hospital; Warren E. Moore, FACHE, President and CEO of CSH; and Katherine Bentley, MD, Director of the Chronic Pain Management Program at CSH.

PARTNERING TO FIGHT PAIN

ONE BOY'S ORDEAL LED TO HELP FOR OTHER SOUTHERN CALIFORNIA CHILDREN WHO SUFFER FROM CHRONIC PAIN.



Children's Specialized Hospital®
An RWJBarnabas Health facility

at
Rady Children's Hospital

A simple heel fracture from running on a California beach led to excruciating pain for 14-year-old Jasper Neale. The fracture took a long time to heal. Worse, the pain grew and radiated throughout his body. "I wasn't able to wear clothes. I couldn't shower. I couldn't walk. If a wind blew on me, I would be screaming," he says.

Eventually, Jasper was diagnosed with Complex Regional Pain Syndrome (CRPS)—a chronic condition that is believed to be caused by damage to the nervous system—at Rady Children's Hospital in San Diego. And although he underwent weeks of outpatient therapy, the pain only got worse.

Jasper's physical therapist showed him and his parents an online video she'd found. It told the story of a girl who had suffered

similar symptoms, but managed to get them under control through an intensive course of therapy at another children's hospital. "My husband and I decided we must find a program like this for Jasper," says his mother, Lori Neale. After some research, they selected the inpatient Chronic Pain Management Program at Children's Specialized Hospital (CSH) in New Brunswick.

Less than three weeks later, Jasper and his father were on a flight to New Jersey and CSH. That decision would change his life—and, ultimately, make life better for other San Diego, Southern California and southwestern U.S. children living in pain.

MASTERING THE PAIN

At CSH, the innovative Chronic Pain Management Program treats children with this condition through intensive physical, occupational and psychological therapy. Patients learn coping techniques to desensitize themselves to pain and mitigate it—without the use of opioids or other medications.

"One of the goals of the program is to improve the pain, but the main goal is to improve function and get our patients back to their lives," explains Katherine Bentley, MD, Director of the Chronic Pain Management Program.

After seven weeks, Jasper graduated from the program and was able to return to his California home, and to his life as a teenager.

But Jasper's recovery was not the only positive outcome of his experience. Aware of the need for a multidisciplinary approach to pain management for area patients, Rady Children's Hospital and CSH created a partnership. In April, the all-new Children's Specialized Hospital Chronic Pain Management Program at Rady Children's Hospital-San Diego opened for business.

"This joint endeavor provides us the great opportunity to treat the needs of patients and families in the Southern California region," says Warren E. Moore, FACHE, President and CEO at CSH, "and for that I could not be more grateful."

Jasper would agree. "Now," he says, "I can do anything I want to do."

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

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



HEART HEALTH: KNOW YOUR NUMBERS

KEEP ON TOP OF THESE SIMPLE TESTS TO STAY HEALTHY.

When it comes to protection against heart disease, the evidence is simple and clear: Preventive strategies work.

“People can have a significant effect on their heart health through the lifestyle choices they make,” says Sergio Waxman, MD, MBA, an interventional cardiologist and Chief of the Division of Cardiology at Newark Beth Israel Medical Center, an RWJBarnabas Health facility. “There are not many diseases where that is so clearly documented.”

A key part of self-care is understanding the following about your heart health. Your primary care provider can check these numbers at your yearly physical, and you can track some of them between visits.



SERGIO WAXMAN, MD



BLOOD PRESSURE: The force of blood rushing through your vessels. High blood pressure, which can damage or weaken blood vessels, is defined as a reading of 130/80. “A lot of patients get nervous in a doctor’s office, which may elevate their blood pressure, so it’s important to check it outside the office as well,” says Dr. Waxman. You can buy a manual or digital blood pressure monitor at the drugstore, or use a public device available at some pharmacies.

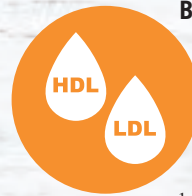


HEART RATE (PULSE): The number of times your heart beats per minute. “This is helpful if you’re exercising and want to see if your training is significantly affecting your heart rate,” says Dr. Waxman. The American Heart Association recommends at least 150 minutes of moderate-intensity exercise per week. The more fit you are, the

sooner your heart rate returns to normal after exercise.



BLOOD SUGAR: High glucose (blood sugar) levels are strongly correlated with cardiovascular disease because over time they damage blood vessels and nerves. “An annual blood test after overnight fasting is all that’s needed, unless your levels are elevated,” says Dr. Waxman. “If they are, the other number you should know is your Hemoglobin A1C, which is a measure of your average glucose levels over the past three months.”



BLOOD CHOLESTEROL: A waxy substance produced by the liver. Cholesterol is transported to and from cells by lipoproteins. Low-density lipoprotein (LDL, known as the “bad” kind) deposits cholesterol on artery walls; high-density lipoprotein (HDL) removes it. Both levels are determined by a simple blood test.

Your doctor also might suggest your blood be tested for C-reactive protein. “Some investigators think this may be as important as the LDL number for assessing cardiac risk,” says Dr. Waxman.



BODY MASS INDEX (BMI): This is a measure of body fat based on height and weight. The higher your BMI, the greater your risk for cardiac and other diseases. You can calculate your BMI with the help of online calculators and charts from the National Institutes of Health or the Centers for Disease Control and Prevention.

While most people know they should take better care of their health, they often feel that work and family demands prevent it, says Dr. Waxman. “Try to give yourself one hour every day to devote to taking care of yourself, whether it’s exercising, preparing healthy meals, checking your blood pressure, taking a nap or a combination of things,” he advises. “It’s like what they say about oxygen on airplanes: Put your mask on first or you won’t be able to help someone else.”

Your heart doesn’t beat just for you. Get it checked. To make an appointment with one of New Jersey’s top cardiac specialists, visit www.rwjbh.org/heart or call **888.724.7123**.



THE KEY TO QUITTING SMOKING OR VAPING

RWJBARNABAS HEALTH OFFERS FREE AND PROVEN SUPPORT FOR PEOPLE WHO STRUGGLE WITH TOBACCO OR NICOTINE DEPENDENCE.

Nicotine addiction is a powerful foe. The drug triggers a brief surge of endorphins—the feel-good hormones—each time it’s inhaled through a cigarette or an electronic nicotine delivery system (ENDS), such as an e-cigarette or vaping device. That pleasure dissipates quickly, leading to the urge for another inhalation.

A pack-a-day smoker, for example, goes through this cycle about 250 times daily, creating an addictive reward system in both brain and body that causes dependence on nicotine. When the person tries to stop, withdrawal



CONNIE GREENE

symptoms—irritability, attention difficulties, sleep disturbances and more—lead him or her to light up again, and the cycle continues.

Most people who are still smoking today have already tried and failed to quit five to seven times, according to Connie Greene, Vice President, RWJBarnabas Health (RWJBH) Institute for Prevention and Recovery.

“They may even feel a lot of shame and guilt because of that,” she says. “But the truth is, if people who are dependent on nicotine could quit on their own, they would have done so already.”

Greene and her colleagues want these people to know that it’s not their fault. “They’re in the grip of a very insidious addiction, which may have a genetic component,” she says. “But there is hope, and there is recovery.”

“The more times you’ve tried and the more you’ve been unsuccessful, the greater chance you have for success with our Nicotine and Tobacco Dependence Treatment Program.”

A NEW APPROACH

“We look at quitting as a process,” says Michael Litterer, Director of Prevention and Recovery at RWJBH. “It’s not as simple as making a decision and going cold turkey. In our program, we develop an individualized plan for each person who comes to us.”

When a smoker contacts the Nicotine and Tobacco Dependence Treatment Program by phone or email, a certified tobacco treatment specialist will be there to help. “You don’t have to quit right away,” Litterer says. Instead, next steps can include:

- Individualized nicotine dependence assessment, focusing on triggers and stressors
- Ongoing support in both individual or group settings
- Access to a medical director on staff to assist with primary care coordination and prescription medications
- Free nicotine replacement therapy (nicotine patches, gum and lozenges)
- Recommendations and navigation for appropriate prescription nicotine dependence medications
- Assistance in understanding the real impact of ENDS devices and cigarettes
- Behavioral modification and assistance in managing or eliminating nicotine withdrawal symptoms

“Most importantly, we will support people through the entire process of ending their nicotine or tobacco addiction. Relapsing and using nicotine during the quit attempt is sometimes part of the journey. We understand this,” Litterer says.

The program, which is funded by the New Jersey Department of Health Office of Tobacco Free, Nutrition and Fitness, does not charge participants.

The most important thing for people to know, Greene says, is that they don’t have to try to quit alone. “Call the QuitCenter number, or send us an email,” she says. “We’ll take it from there.”

To learn more about reaching recovery from nicotine or tobacco dependence, call the QuitCenter line at **732.837.9416**, or email quitcenter@rwjbh.org for a free confidential assessment. For more information, visit www.rwjbh.org/nicotinerecovery.





From left: Joan Bercari, MSN, RN, Vice President of Quality and Patient Safety Officer; Alex Kardos, MBA, RPh, Director of Pharmacy Services; and Tracee Bachman, BSN, RN-BC, Director of Quality, accepted the Leapfrog Top General Hospital Award on behalf of RWJUH Hamilton.

DELIVERING THE BEST CARE

NUMEROUS ACCOLADES REFLECT THE HOSPITAL'S COMMITMENT TO QUALITY AND SAFETY.

Choosing convenient medical care doesn't mean you must sacrifice quality. Robert Wood Johnson University Hospital (RWJUH) Hamilton is constantly striving to deliver the highest quality care. For example, in 2018, RWJUH Hamilton was recognized as a top hospital for healthcare quality by *U.S. News & World Report*. In addition, the hospital partners with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, to deliver outstanding cancer care.

Patient safety is also a priority. RWJUH Hamilton is committed to zero incidents of preventable harm. In this mission, called "Safety Together," the hospital staff is adopting safety strategies and tools used by "high reliability organizations" in the manufacturing and nuclear industries. These companies have reduced accidents by using standardized error-prevention processes.

RWJUH Hamilton has been recognized for its commitment to

To learn more about our safety journey and Patient Family Advisory Council, visit www.rwjbh.org/HamiltonPFAC.


IMPROVING THE PATIENT EXPERIENCE

RWJUH Hamilton uses feedback from patients to improve care. Staff members review Press Ganey scores, measures of patient experience that are benchmarked against similarly sized hospitals. The hospital's leadership team meets regularly with department heads, nurses and other healthcare professionals to create plans for improvement.

In addition, the hospital's Patient and Family Advisory Council gathers feedback from patients and shares it with hospital staff members. "If we can better understand patients' needs, we can make improvements that will lead to better quality of care and outcomes—as well as greater patient satisfaction," says Jill Anderson, Director of Patient Experience.

patient safety and quality care. Here's what recent accolades mean for patients:

- **LEAPFROG HOSPITAL SAFETY GRADE "A."** The Leapfrog Group, a national nonprofit organization dedicated to improving healthcare quality and safety, rates a hospital's performance in patient safety. RWJUH Hamilton consistently receives the best possible "grade." Hospitals are evaluated on a variety of measures, such as the clarity of physicians' orders, patient outcomes and patient safety.
- **LEAPFROG TOP GENERAL HOSPITAL.** RWJUH Hamilton was named a Top General Hospital by Leapfrog in December 2018. The hospital was one of only 35 nationwide to receive this recognition. "This is very exciting," says Joan Bercari, MSN, RN, Vice President of Quality and Patient Safety Officer. "It's a great tribute to the work we do every day to provide high-quality and safe patient care."
- **JOINT COMMISSION ACCREDITATION.** The hospital has received advanced certification for the Primary Stroke Center, as well as certification for hip and knee replacement and spine surgery from the Joint Commission, a nonprofit organization that accredits healthcare organizations and programs.
- **CENTER OF EXCELLENCE.** The Center for Weight Loss at RWJUH Hamilton has been named a Center of Excellence for metabolic and bariatric surgery by the Surgical Review Corporation.

A man and a woman are jogging on a paved sidewalk in a residential area. The woman, on the left, is wearing a dark grey Nike t-shirt and light grey shorts. The man, on the right, is wearing a white t-shirt with grey accents and dark blue shorts. They are both smiling and appear to be in good health. In the background, there are parked cars, including a silver SUV and a dark blue car, and lush green trees.

Kristin Mizenko has made a miraculous recovery after suffering a cardiac arrest in July 2018 while running near her home. Today, she is back to her active lifestyle with her husband, Todd, and children.

A SECOND CHANCE AT LIFE

A YOUNG PATIENT SURVIVED A CARDIAC ARREST THANKS TO SWIFT ACTION TAKEN BY A NURSE, A POLICE OFFICER, PARAMEDICS AND PHYSICIANS.



It was a beautiful July afternoon in Yardville, and 48-year old Kristin Mizenko could hardly wait to lace up her sneakers and hit the streets. A seasoned runner, she jogged three to five miles daily, and despite the sweltering 95-degree heat, she looked forward to her 45 minutes of exercise.

Unfortunately, her dream run turned into a nightmare when she went into cardiac arrest—in which the heart malfunctions and stops beating—and collapsed about a quarter mile from her home. A neighbor, Anthony Pompei, who is a state trooper, saw Kristin fall. He immediately leapt from his car to begin administering CPR. Other neighbors quickly converged to call 911 and offer assistance. One of them was Chris Andrulis, RN, a nursing supervisor at Robert Wood Johnson University Hospital (RWJUH) Hamilton.

“None of us knew who Kristin was, although we’d seen her jogging before,” recalls Andrulis, who has been a nurse for 46 years. She and Anthony took turns performing CPR on Kristin, who wasn’t breathing. “We’re lucky she was found so quickly,” says Andrulis. “It was so hot everyone was inside with the windows shut and the air conditioning on at full blast.”

TOP-NOTCH CARE

Thankfully, Kristin was whisked to RWJUH Hamilton in an ambulance, where paramedics used a defibrillator to shock her heart. A neighbor had been able to identify her and called her husband, Todd, who raced to the hospital. “I was met by the chaplain,” he recalls. Fortunately, Kristin’s heart began to beat again. RWJUH Hamilton critical care physicians had induced hypothermia—a below-normal body temperature—to reduce brain inflammation, which can occur after cardiac arrest as a result of the stopping and starting of blood flow to the brain. Inflammation can cause permanent cognitive and neurologic damage.

Todd wasn’t prepared for the first glimpse he got of his wife when he walked into the Intensive Care Unit (ICU) and saw her surrounded by a bevy of machines, tubes and wires. He was put

at ease, however, by her nurse, Grace Chizek, BSN, RN, as well as critical care physician Howard Waksman, MD. “Both did a great job explaining everything that was going on and answering all of my questions,” says Todd. It turns out that Kristin’s cardiac arrest was likely caused by a genetic abnormality.

Kristin remained in the ICU for almost three weeks but wasn’t awake or alert for the first 10 days. “She’d have a burst of activity where she would talk and make jokes for about a half hour, then sleep for six,” says Todd. “Her physicians reassured us that this was her brain’s way of trying to heal itself.” Initially, Kristin had trouble remembering close family members like her son, Justin, 16. But when Todd showed her Facebook posts and photos of Justin, her memory gradually returned.

A MIRACULOUS RECOVERY

More than nine months later, Kristin has made a successful recovery. She received an implantable cardioverter defibrillator, a device that shocks the heart to restore a normal heartbeat if a person’s heart is beating erratically. She also underwent rehabilitation for three weeks. While she still struggles with memory problems, she was able to return to work last fall as a special education assistant.

Kristin’s recovery was due to a combination of factors: the immediate CPR, defibrillation and hypothermia protocol, says Christina Wjasow, MD, Kristin’s cardiologist. Todd believes Chizek’s outstanding care also contributed to Kristin’s recovery. She sang to Kristin daily, played music for her, and even washed and styled her hair—no easy feat in the ICU. Last year, Todd nominated Chizek for a Daisy Award, which she received. The award honors exceptional nurses at hospitals across the country.

Kristin has been cleared to run again, and she’s visited the ICU at RWJUH Hamilton several times to see the staff members. “I owe so much to them,” she says.

KEEPING HEART FAILURE PATIENTS HEALTHY

More than 20 percent of heart failure patients are readmitted to the hospital within 30 days and about half by six months. Robert Wood Johnson University Hospital (RWJUH) Hamilton is determined to reverse this trend with its innovative Healthy Lives Heart Failure program, which launched in April. The program’s multidisciplinary team—including a cardiologist, nurse practitioner, nurse, pharmacist, nutritionist and social worker—gives patients and family members the tools they need to manage their disease. “Managing heart failure is difficult,” says Connie Mocerri, Director of Disease Management. “It requires patients to adhere to a diet and daily medication regimen and to monitor their symptoms.”

Once patients hospitalized with heart failure are discharged, they’ll return for outpatient visits within four to five days. “This allows us to see how they’re doing at home,” says Mocerri. “Are they able to adhere to their medication schedule? Are they eating the right foods? The hope is that they’ll be able to manage their heart failure so well on their own that they won’t need repeat hospitalizations.”



GET IT CHECKED!

Your heart doesn’t beat just for you. Get it checked. To schedule an appointment with an RWJUH Hamilton cardiac specialist, call 888.724.7123 or visit www.rwjbh.org/heart.



DINAH GONZALEZ-BRAILE, MD

CARING FOR THE WHOLE PERSON

A GYNECOLOGIST EXPLAINS HOW INTEGRATIVE MEDICINE BENEFITS PATIENTS.

Robert Wood Johnson University Hospital Hamilton gynecologist Dinah Gonzalez-Braile, MD, recently completed a fellowship in integrative medicine, which addresses patients' lifestyle choices and seeks to uncover the root cause of symptoms. Now board-certified in both obstetrics and gynecology and integrative medicine, Dr. Gonzalez-Braile incorporates this approach into her practice to benefit patients. Here, she explains how integrative medicine is used to treat gynecologic conditions.

What is integrative gynecology?

With integrative medicine, we combine traditional treatments with holistic approaches, such as exercise, supplements, nutrition, chiropractic and acupuncture. To provide such comprehensive care, we spend more time counseling patients about treatment.

How are gynecologic conditions treated with this approach?

Women in perimenopause—the transition to menopause—often gain weight. We recommend a multipronged approach to this problem. We encourage participating in aerobic exercise, such as brisk walking, running or cycling. We also promote a

Mediterranean-style diet, which emphasizes plant-based foods, such as fruits, vegetables, whole grains and nuts, and healthy fats like olive oil instead of butter. Many times, I'll order thyroid testing because an underactive thyroid often shows up in the years surrounding menopause and can affect weight. I also screen patients for vitamin D deficiency, which is common and can affect overall well-being.

Another example is pelvic pain. When I perform an ultrasound and examine a patient, she may appear normal. But sometimes there's birth trauma, which can take years to show up. We see a lot of success when we recommend pelvic floor physical therapy for these patients. Physical therapy involves internal and external massage and other techniques.

How does integrative gynecology benefit patients?

We empower patients to take charge of their health. For example, I prescribe probiotics to help restore the natural vaginal flora after a patient is treated with antibiotics for an infection. When she uses this treatment, she feels she's doing something positive for her health.

What kind of feedback about integrative gynecology have you received from patients so far?

Patients know I spend extra time with them. They say, "Thanks for listening to me." At the end of the day, I offer patients additional treatment options, and they are happier and healthier as a result. For me, that's what counts.



To make an appointment with Dinah Gonzalez-Braile, MD, call the Center for Women's Health at **609.631.6899**.



The RWJUH Hamilton Auxiliary raises funds for the RWJUH Foundation. This check supports the hospital's new radiation oncology suite and patients in need.

ARTWORK FOR A GOOD CAUSE

The Lakefront Gallery at RWJUH Hamilton, located above the café, showcases work from local artists. A variety of paintings, photographs and mixed media pieces are on display. The exhibits are maintained by the Princeton Photography Club, and the art is available for sale. Proceeds are given to the Foundation. The gallery is open daily from 8 a.m. to 8 p.m.

A COMMITMENT TO THE BEST CARE

THE FOUNDATION AND AUXILIARY WORK TOGETHER TO SUPPORT MAJOR HOSPITAL IMPROVEMENTS.

In February, the Robert Wood Johnson University Hospital (RWJUH) Hamilton Auxiliary presented a check for \$20,000 to the RWJUH Hamilton Foundation. The funds support the hospital's new radiation oncology suite, which has new equipment, including vein finders (small devices that help healthcare providers locate veins underneath the skin) and a renovated lobby. The funds also cover medications for patients who can't afford them.

RAISING CRITICAL FUNDS

The Auxiliary, which will celebrate its 49th year this fall, has 56 paying members and about 20 active members. The volunteer group works more than 4,600 hours per year to raise important funds for the hospital. Members run the hospital gift shop, and half of the shop's proceeds go to the Auxiliary. In addition, each year, up to 20 vendors set up tables outside the gift

shop and sell a wide array of items, such as candy, scrubs, Tupperware, shoes, jewelry, cosmetics, purses, suitcases, sheets, towels and blankets. A portion of the sales is given to the Auxiliary. Through this effort, the group raises about \$12,000 to \$15,000 per year, which goes to the Foundation. "The impact of the time and fundraising efforts of Auxiliary members is substantial and exceptional," says Diane Grillo, Vice President, Health Promotion. "Their donations go toward supporting patients and families in our community."

Over the years, the Auxiliary's efforts have funded many key projects at the hospital: \$50,000 for the Grounds for Healing at the Cancer Center; \$175,000 for

the Lakefront Tower Building; \$50,000 for the pediatric Emergency Department; and \$50,000 for the new Cancer Center. "I enjoy working for the community," says Carol Holloway, president of the Auxiliary. "I'm always helping someone."

Once a month, Auxiliary members meet to stuff and sew handmade bears for pediatric patients in the Emergency Department and the same-day surgery unit. As of April, they had made 6,211 bears. The group also collects new sweatshirt pieces for hospital patients who need clean clothes. "Auxiliary members represent the spirit and soul of the hospital," says Bill Pritchard, Vice President of the Foundation. "Their commitment enables us to provide the best care for patients."

Join the RWJUH Hamilton Auxiliary mission! To learn more, visit www.rwjbh.org/hamiltonauxiliary.

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From left: Jean Withers, radiation oncologist Michael McKenna, MD, and patient John Withers, who is grateful for his care at RWJUH Hamilton



BATTLING CANCER CLOSE TO HOME

ONE PATIENT RECEIVED STATE-OF-THE-ART CARE WITHOUT A DISRUPTION IN HIS SCHEDULE.

RWJBarnabas Health and
Robert Wood Johnson University
Hospital Hamilton, in partnership
with Rutgers Cancer Institute
of New Jersey—the state’s only
NCI-Designated Comprehensive
Cancer Center—provide
close-to-home access to the latest
treatment and clinical trials. For more
information, call 844.CANCERNJ.**

Jean Withers has worked as an oncology director and hospice nurse. So when her husband, John, 76, was diagnosed with prostate cancer last summer, she sprang into action. “His urologist wanted him to see an oncologist in Summit, which is 75 minutes away from our home in Hightstown,” recalls Jean. “I was skeptical. It seemed very far, and I was convinced we could get just as good—if not better—care locally.”

Jean was right. John was successfully treated for Stage II prostate cancer at the Cancer Center at Robert Wood Johnson University Hospital (RWJUH) Hamilton by radiation oncologist Michael McKenna, MD. He and Jean couldn’t have been happier with the care they received. “We got the benefit of the latest equipment as well as personalized attention, and the Center was no more than a 10-minute drive from our home,” says John. “I rarely, if ever, had to miss a day of work during my four months of treatment.”

CONVENIENT CARE

The Withers knew they had made the right choice the moment they met Dr. McKenna. “Our first visit was more than 90 minutes, and we never felt rushed,” says Jean. (Dr. McKenna’s exam was so thorough he ended up referring John to a dermatologist to check out a mole on his back, which ultimately turned out to be benign.) Jean put Dr. McKenna through his paces with her questions. “I grilled him about the Center’s medical physicist,” she recalls with a chuckle. “They’re the ones who ensure the treatment is being done precisely and accurately. He didn’t bat an eye once at my queries.”

Given John’s age, the Withers and Dr. McKenna decided that he would have external beam radiation rather than surgery. During the procedure, a machine called a linear accelerator emits high-energy beams at the prostate gland. “The first treatment was the longest—around

90 minutes—because they wanted to program the linear accelerator to be as precise as possible to minimize side effects,” recalls John. “I was nervous, but the technicians bent over backwards trying to accommodate me. They asked me what my favorite music was, and as soon as I said old school rock and roll, they had the Rolling Stones and the Beatles playing.” For the next two months, he received 39 treatments. “They always had me in and out,” he says. “I’d come straight from my job as a substitute teacher, get radiation at 3:45 p.m., and be back home by 5 p.m.”

A FULL RECOVERY

The Cancer Center’s focus on patients made both John and Jean feel deeply cared for. “Whether it was the scheduler, Crystal, who loved to discuss history books with John, or the nurse, Allison, who checked his vitals every week, we truly felt like the staff saw John as more than just a cancer patient,” says Jean.

Ultimately, the biggest praise Jean can give to the Center is the fact that she was so rarely there. “I think if John had been treated at a larger institution, I would have felt the need to accompany him so that I could advocate for him,” she says. “But I had no worries about RWJUH Hamilton. I knew that whenever he was there, he was fine and didn’t need me to intervene in any way. It gave me some time for myself, and it took an enormous weight off of my shoulders.”

Today, the Withers spend their free time listening to music, volunteering at their synagogue and the Hamilton Rotary, and enjoying their four grandchildren, ages 15, 9, 8 and 6. John, who is now in remission, returns to the Center every six months to see Dr. McKenna. “I’m grateful to be done with treatment and to have my health back, but I’m also thrilled that I got state-of-the-art cancer care without having to travel far from home,” he says. “For those four months of treatment, the hospital made sure my life was disrupted as little as possible. For that, I’ll be always grateful.”

CARING FOR THE CAREGIVER

Providing unparalleled patient care is a top priority at the Cancer Center, but ensuring that caregivers’ needs are met is just as important. The Center employs a social worker who runs both patient and caregiver support groups. “Our aim is to be there for every single patient and his or her family,” says Amy German, director of the Center. In addition, the Center offers Reiki, pet therapy, art healing workshops, nutritional counseling and massages for both patients and caregivers, says German. The healing garden surrounds the infusion chairs with several birdhouses and a waterfall. “We often find that while caregivers are waiting for their loved ones, they sit outside or take a stroll around the garden,” she says.

To learn more about cancer care at RWJUH Hamilton, visit www.rwjbh.org/hamiltoncancer. For a referral to an oncologist, visit www.rwjbh.org/beatcancer.



Screenings

Screenings are FREE unless otherwise noted. Registration required. Call 609.584.5900 to schedule unless otherwise noted.

HAMILTON CENTER FOR HEALTH AND WELLNESS
3100 Quakerbridge Rd., Hamilton, NJ

Osteoporosis Screening
Tues., August 6; 10 a.m. to Noon

Ultrasound of the heel can help detect osteopenia and osteoporosis.

Cholesterol Lipid Profile/ Glucose/Blood Pressure & Stroke Risk Assessment
Fri., August 9, October 4; 8:30 to 10:30 a.m.

Wed., September 4; 8:30 to 10:30 a.m.
Simple finger stick. Fast 12 hours prior. Fee: \$5

Blood Pressure & Body Fat Screenings

Tue., August 27, September 24, October 22; 10 a.m. to Noon
Hypertension has no symptoms but can lead to heart disease, stroke and kidney damage, so know your numbers. Excess body fat is a preventable risk factor for heart disease, so learn how much excess weight is safe to lose.

Memory Screening

Tue., September 24; 9:30 to 11:30 a.m.

A mini-mental state exam is a quick assessment to discern normal aging versus potential problems.

Take Home Colorectal Kit

Tue., October 8; 9:30 to 10 a.m.

Learn how to use this simple take-home test for detecting early colon cancer.

Mood Screening

Thu., October 10; 10 a.m. to Noon

In honor of National Depression Screening Day, this simple tool will screen for depression, anxiety, bipolar disorder and post-traumatic stress disorder.

Orthopedic Screening: Hip/Knee

Thu., October 10; 4 to 6 p.m.

Meet with an orthopedic physician and physical therapist who will assess bone and joint pain and test your strength and range of motion. Meelan Patel, MD, orthopedic surgeon

RWJ HAMILTON AUDIOLOGY BALANCE CENTER
2 Hamilton Health Place, Hamilton

Hearing Screening

Thu., August 22; 9 to 11 a.m.

Wed., September 18, October 16; 9 to 11 a.m.

Lorraine Sgarlato, AuD
Call 609.245.7390 to register.

Fall Prevention/Balance Screening

Thu., August 22; 9 to 11 a.m.

Jin Bo Jung, PT, DPT

Wed., September 18, October 16; 9 to 11 a.m.

Palak Mulji, PT, DPT
Call 609.245.7390 to register.

RWJ HAMILTON VEIN AND VASCULAR SURGERY CENTER
3525 Quakerbridge Road, Trenton

Varicose Vein & Venous Screening

Thu., September 12; 4 to 6 p.m.

Sto Poblete, MD
Call 609.570.2071 to register.

RUTGERS CANCER INSTITUTE OF NJ (CINJ)
2575 Klockner Road, Hamilton

Prostate Cancer Screening
Mon., September 9; 5 p.m.

Includes an exam and PSA blood test. Exam by Christopher Arellano, NP

Thank you to the John Paul Geijer Memorial Foundation for its contribution to this screening.

RWJ OUTPATIENT CENTER AT EWING

1440 Lower Ferry Road, Ewing

Orthopedic Screening: Foot/Ankle

Thu., September 12; 4 to 6 p.m.

Meet with an orthopedic surgeon and physical therapist who will assess bone/joint pain and test strength and range of motion. Jennifer Hassan, DPM, podiatry surgeon

NJAC FITNESS CENTER
4152 Quakerbridge Road, Lawrenceville

Orthopedic Screening: Hand/Wrist

Thu., August 8; 4 to 6 p.m.

Meet with an orthopedic surgeon and physical therapist who will assess bone/joint pain and test strength and range of motion. Edward Armbruster, DO, orthopedic surgeon

