

# BARNABAS

FALL 2011

# TODAY

SAINT BARNABAS MEDICAL CENTER



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Goes On**

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To Our Community:

For the past 15 years, the Saint Barnabas Health Care System has earned a reputation as New Jersey's health care leader. We are now entering a new era with a new name – Barnabas Health. The quality care you have learned to expect is ensured through the collaborative hard work, dedication and commitment to excellence demonstrated each and every day by our employees, nurses, physicians, volunteers and trustee leadership.

We proudly announce that their extraordinary efforts have been recognized by The Joint Commission, an independent, not-for-profit organization that is the nation's oldest and largest standards-setting and accrediting body in health care. Congratulations to our 2010 Top Performers on Key Quality Measures -- Clara Maass Medical Center, Community Medical Center, Monmouth Medical Center, Newark Beth Israel Medical Center, and Saint Barnabas Medical Center. These five hospitals were named among only 12 in New Jersey and among only 405 of 3,099 U.S. hospitals.

A shared passion for excellence in health care has led to other national and international recognition for innovations in process, technology, techniques and outcomes. At Saint Barnabas Medical Center, we performed the first robotic assisted kidney transplant in the world. We were selected as one of the Best Regional Hospitals by US News & World Report for 2010-2011, and were recognized for the areas of Cancer, Diabetes & Endocrinology, Geriatrics, Gynecology, Kidney Disorders, Neurology & Neurosurgery, Ear, Nose & Throat and Urology. Saint Barnabas Medical Center is also home to New Jersey's only certified Burn Center, and our Neonatal Intensive Care Unit has some of the best outcomes in the nation.

Barnabas Health Ambulatory Care Center is one of the nation's most sophisticated ambulatory health care facilities. The Center provides the highest quality medical care in an environment that sets a new standard for patient satisfaction. The Barnabas Health Ambulatory Care Center (BHACC) is accredited by The Joint Commission – a voluntary recognition for ambulatory care centers. The BHACC also houses The Breast Center, which annually performs over 60,000 mammograms and breast imaging exams – the highest in the region and one of the highest in the United States.

The people of New Jersey deserve the finest medical care and, as a proud affiliate of Barnabas Health, Saint Barnabas Medical Center and the Barnabas Health Ambulatory Care Center will continue to deliver the most advanced, compassionate and high-quality care every day, in extraordinary ways.

Sincerely,



**Ronald J. Del Mauro**  
Chief Executive Officer  
Barnabas Health



**John F. Bonamo, MD, MS**  
Executive Director  
Saint Barnabas Medical Center



**Susan Garrubbo**  
Executive Director  
Barnabas Health Ambulatory Care Center



**Ronald J. Del Mauro**  
Chief Executive Officer  
Barnabas Health



**John F. Bonamo, MD, MS**  
Executive Director  
Saint Barnabas  
Medical Center



**Susan Garrubbo**  
Executive Director  
Barnabas Health  
Ambulatory Care Center

**Clara Maass  
Medical Center**  
One Clara Maass Drive  
Belleville, NJ 07109  
973.450.2000



**Newark Beth Israel  
Medical Center**  
201 Lyons Avenue  
Newark, NJ 07112  
973.926.7000



## Essex County

**Saint Barnabas  
Medical Center**  
94 Old Short Hills Road  
Livingston, NJ 07052  
973.322.5000



**Barnabas Health  
Ambulatory Care Center**  
200 South Orange Avenue  
Livingston, NJ 07052  
973.322.7000



# AND THE BEAT GOES ON



*“I didn’t think I was having a heart attack. The pain was less severe than I imagined.”*

~Bob Stein



**Sabino Torre, MD**  
Interventional Cardiology  
at Saint Barnabas Medical Center

**W**ith the start of the New Year, Bob Stein, 55 years old, bought an elliptical trainer for his home to augment his three-day-per-week exercise regimen. During his first workout, he began to feel some discomfort and chest pain. The pain did not go away, just continued to get worse. After resting, he returned to exercise only to experience the same symptoms. He told his wife how he felt and she called 911, not willing to take a chance. Within 5 minutes, paramedics arrived and he was rushed to Saint Barnabas Medical Center.

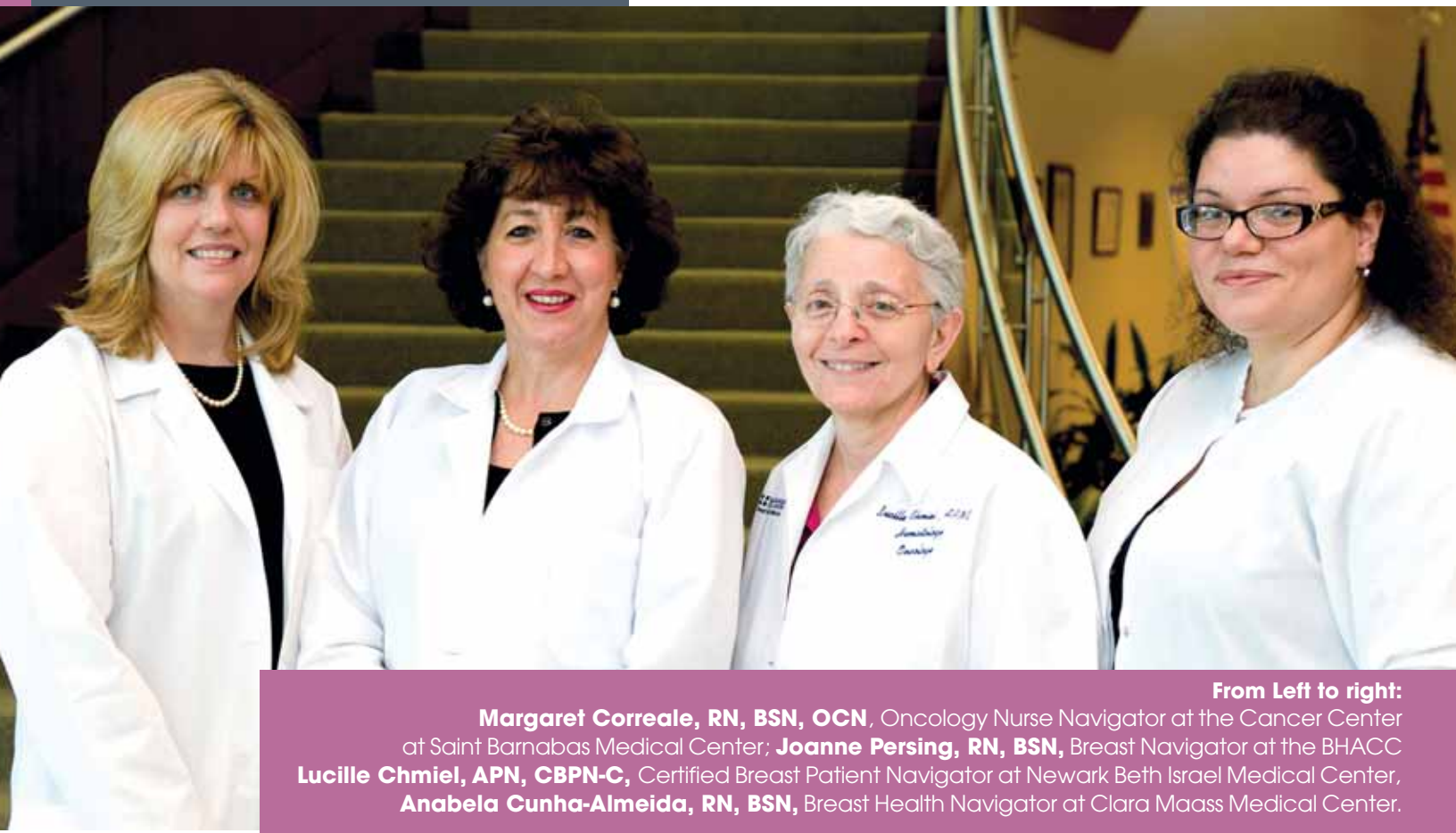
While in route, the paramedics transmitted his EKG results to the Emergency Department. It was clear Mr. Stein was having a heart attack. A team of specialists was alerted and preparations began. By the time he arrived in the Emergency Department, a Cardiac Catheterization suite was ready and **Sabino Torre, MD**, interventional cardiologist, was waiting. After a brief stop in the Emergency Department, Mr. Stein was taken to the Catheterization suite. Within 40 minutes of his arrival, Dr. Torre with the aid of nurses and technicians had the 100% blockage in his artery opened, a stent inserted and blood flow restored to the area, minimizing residual damage.

Prior to his heart attack, Mr. Stein exercised frequently. He was eager to restart his regime but was a little apprehensive. He enrolled in the Saint Barnabas Medical Center Cardiac Rehabilitation program, a three-month exercise program geared to help him regain strength, prevent his condition from worsening and reduce the risk of future heart problems. Recent medical studies show that Cardiac Rehabilitation reduces the risk of death after cardiac illness by 20 to 25 percent—a benefit level similar to that of statin drugs, beta blockers and aspirin—and improves physical strength and endurance by 20 to 50 percent.

Today, Mr. Stein has graduated rehab, lost 15 pounds, returned to work and is enjoying spending time with his wife Gayle and children, Robin and Daniel. His advice to others, “Make sure you have regular physicals and if you experience chest discomfort when exercising, seek help immediately.”

Dr. Torre cautions patients that when starting out a workout program even with prior activity, individuals, especially those with risk factors for coronary heart disease such as high blood pressure, diabetes, high cholesterol, smoking or a family history of heart disease, should get evaluated by their physician at the start of a new fitness program. “Furthermore, any individual who experiences any chest discomfort, arm pain, or difficulty breathing while exercising that does not resolve with rest should be seen in the emergency room,” says Dr. Torre.

For more information about Saint Barnabas Medical Center cardiology services, please call **973.322.5244**.



**From Left to right:**

**Margaret Correale, RN, BSN, OCN**, Oncology Nurse Navigator at the Cancer Center at Saint Barnabas Medical Center; **Joanne Persing, RN, BSN**, Breast Navigator at the BHACC  
**Lucille Chmiel, APN, CBPN-C**, Certified Breast Patient Navigator at Newark Beth Israel Medical Center,  
**Anabela Cunha-Almeida, RN, BSN**, Breast Health Navigator at Clara Maass Medical Center.

# SETTING THE COURSE FOR BREAST HEALTH

*“Progress has little  
 to do with speed, but  
 much to do with  
 direction.”*

*Author Unknown*

**I**t may be as simple as holding the hand of a distraught patient or as complex as collaborating with a pharmaceutical company to obtain chemotherapeutic drugs, but one thing is certain – a day in the life of a breast nurse navigator is never an ordinary day.

Navigators, a term whose ancient roots recall sailors whose job it was to right the direction of a ship, are the modern-day mariners of women’s health care. The role of the breast nurse navigator is to help each woman chart her course through the complicated waters of a breast cancer diagnosis. Along the way, navigators are there to help resolve barriers to timely care, connect patients with the resources they need to stay on track with their treatment plan and follow up care, and provide emotional support.

The northern affiliates of Barnabas Health, including Saint Barnabas Medical Center, Newark Beth Israel Medical Center, Clara Maass Medical Center and the Barnabas Health Ambulatory Care Center, provide Breast Nurse Navigators

to assure that any woman with a suspicious finding on a breast exam will receive a timely diagnosis and treatment with the aid of a compassionate professional. The navigators work closely with a team of physicians, social workers, nurses and caregivers to offer an unmatched system of people helping people.

**Lucille Chmiel, APN, CBPN-C**, Certified Breast Patient Navigator at Newark Beth Israel Medical Center, sees the benefit of the navigator as getting patients through the process and into care as quickly as possible. “I focus on breaking through the barriers, such as insurance, language, transportation, or psychological concerns,” she explains. “Sometimes this involves setting up charity care on the same day that a patient is going to have a diagnostic mammogram or ultrasound, when there is no time to waste. My goal is to provide a seamless flow from the initial diagnosis of cancer through the treatment process and years of follow-up.”

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“A diagnosis of breast cancer can send a patient and family reeling,” explains **Anabela Cunha-Almeida, RN, BSN**, Breast Health Navigator at Clara Maass Medical Center. “Patients need one person to turn to who can help them find their path through the system. I strive hard to insure that individuals obtain the best treatment plan and get answers to the many questions that may arise.”

The Barnabas Health Ambulatory Care Center (BHACC) houses the largest breast center in New Jersey, performing over 60,000 breast procedures each year. A team of four breast navigators, all registered nurses, sees at least 150 patients each month, fulfilling the role of concierge, resource guide and point of contact for the route ahead. “A suspicious finding after a breast exam causes anxiety and a sense of immediacy for the patient who may then find that navigating through the health care system is draining,” explains **Joanne Persing, RN, BSN**, Breast Navigator at the BHACC. “Our breast navigators are able to facilitate discussion regarding any abnormalities found on breast imaging studies, answer questions, provide education and chart each patient’s course through the complex health care system.” The availability of on-site breast surgeons at the Center for Breast Health and Management at the BHACC adds another measure of comfort to patients at this critical time.

Should a patient’s diagnosis of breast cancer be confirmed, **Margaret Correale, RN, BSN, OCN**, Oncology Nurse Navigator at the Cancer Center at Saint Barnabas Medical Center, is available to coordinate and direct a patient’s care to the appropriate oncology physician, both pre- and post-surgery. With her 28 years experience in oncology nursing, Ms. Correale is recognized as an invaluable resource. “My goal is to assist patients in any way I can throughout their entire course of treatment,” says Ms. Correale. “Earlier diagnosis of breast cancer means more curative treatments for patients. As Oncology Nurse Navigator, I help to streamline the process for patients and provide them with the tools and education needed to achieve the best outcomes.”

In addition to the nurse navigators’ role as patient advocate, the northern region’s breast nurse navigators have another vital responsibility, as Ms. Persing notes. “We are dedicated to being out in the community, speaking about breast health and informing women about the need for breast examination.” This community health education and outreach component is something welcomed by the nurse navigators, as articulated by Ms. Chmiel: “We need to work together to increase breast health awareness and keep the message of prevention alive.”



## COMPREHENSIVE BREAST CANCER CARE: MORE THAN CARE. CARING.

The northern affiliates of Barnabas Health have made a commitment to women’s breast health offering the best in care including state-of-the-art mammography, the latest diagnostic services, breast health information and a multidisciplinary team of specialists to facilitate evaluation, coordinated treatment and follow-up. For more information on services available please call:

- ▶ **THE BREAST CENTER AT THE BARNABAS HEALTH AMBULATORY CARE CENTER**  
Please call 973.322.7800  
Nurse Navigator: 973.322.7804
- ▶ **THE CANCER CENTERS AT SAINT BARNABAS MEDICAL CENTER**  
Please call 973.322.5200  
Nurse Navigator: 973.322.2929
- ▶ **THE FREDERICK B. COHEN, MD, COMPREHENSIVE CANCER AND BLOOD DISORDERS CENTER AT NEWARK BETH ISRAEL MEDICAL CENTER**  
Please call 973.926.7230  
Nurse Navigator: 973.926.5292
- ▶ **THE CANCER CENTER AT CLARA MAASS MEDICAL CENTER**  
Please call 973.450.2270  
Nurse Navigator: 973.450.4173

In addition, extended care is available for individuals with breast cancer. For more information on services available please call:

- ▶ **BARNABAS HEALTH HOME HEALTH CARE SERVICES**  
Please call 973.243.9666
- ▶ **BARNABAS HEALTH HOSPICE AND PALLIATIVE CARE CENTER**  
Please call 973.322.4800



# NEWBORN SAVES GRANDFATHER'S LIFE

Pictured from right to left:  
Kamil Kalayci; Daughter, Gaia Giffin;  
grandson, Grandt Deniz Giffin.

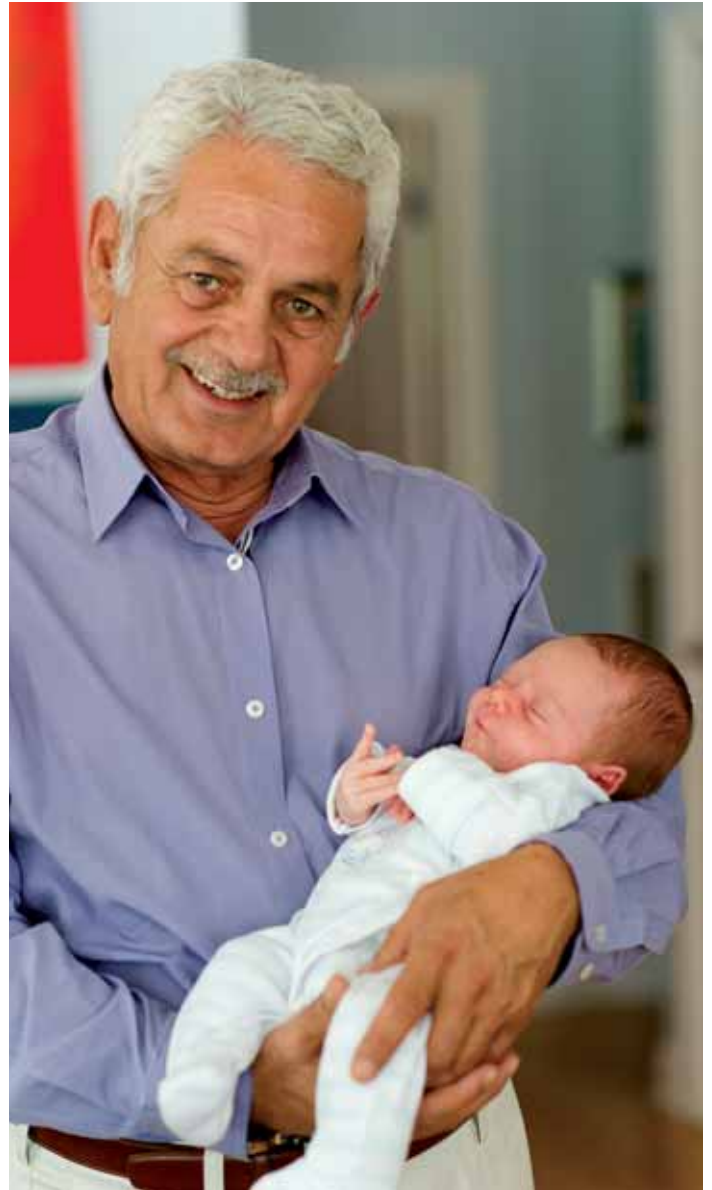
**W**hen a 60-year-old retired electrical engineer traveled to New Jersey from Turkey, he planned to visit his family and welcome a new grandchild. Little did he know, this new baby would ultimately save his life.

On the morning of June 5, 2011, Kamil Kalayci awoke feeling dizzy. After taking a shower, his head began to hurt so he went back to bed for a few minutes. His wife was going to the hospital to visit their daughter, Gaia Giffin, who had recently delivered their new grandson, Grandt Deniz Giffin. Instead of staying home, he decided to accompany her to Saint Barnabas Medical Center. As the day progressed his headache became severe. "It was the worst headache of my life," he said. He asked a nurse to take his blood pressure. She immediately sent him to the Emergency Department for further evaluation.

While in the Emergency Department, he was given a CT Scan which showed an aneurysm, which is an abnormal widening or ballooning of a portion of an artery due to weakness in the wall of the blood vessel. He was bleeding into his brain, a condition that is fatal in 70-80 percent of people. He was immediately prepared for surgery in Saint Barnabas Medical Center's new, state-of-the-art Neurointerventional Suite. Equipped with the most advanced technology, the Suite provides the highest level of care for a patient suffering from stroke, aneurysm and other neurovascular disorders.

Using the Suite's new biplane technology, **Paul Saphier, MD**, an endovascular neurosurgeon, did not need to take Mr. Kalayci to an operating room for a major open surgery into his brain. Instead, Dr. Saphier performed a 3-D rotational angiography which allowed him to view all of the blood vessels in the brain including the aneurysm. Utilizing the advanced technology, Dr. Saphier could safely thread the catheter from the groin into the brain and to the location of the balloon-shaped aneurysm. From there, coils were inserted into the neck of the aneurysm which caused the blood flow to cease and the blood to clot within the aneurysm. Over time, the coils and the blood become scar tissue eliminating the risk for future rupture. The procedure allowed Mr. Kalayci to avoid major open brain surgery. In fact, the only external sign of the procedure was the band-aid where the catheter was inserted.

Today, Mr. Kalayci is back at home with his family, feeling well, enjoying his new grandson and very thankful to be alive. "I had not been to the doctor for a long time. I would have probably ignored the symptoms if I wasn't visiting my grandson in the hospital and who knows what would have happened. I am very grateful to everyone at Saint Barnabas Medical Center," he said.



**Paul Saphier, MD,**  
Endovascular Neurosurgeon  
at Saint Barnabas Medical Center

Aneurysm is a medical emergency. If you experience the signs and symptoms listed below, seek immediate medical attention by calling 911. Do not ask a family member to transport you to the hospital as life saving treatment may be required on route.

#### Signs and Symptoms of a Ruptured Aneurysm

- ▶ Sudden and severe headache (*worst headache of your life*)
- ▶ Vision problems (blurred or double vision)
- ▶ Pain above and behind the eye
- ▶ Weakness in arms, legs or face
- ▶ Nausea and vomiting
- ▶ Dilated pupils
- ▶ Sensitivity to light



#### Risk Factors for Aneurysm

- ▶ Family history of aneurysm or bleeding in the brain
- ▶ Smoking
- ▶ High blood pressure
- ▶ Diabetes
- ▶ High cholesterol
- ▶ Older age
- ▶ Hardening of the arteries (arteriosclerosis)
- ▶ Drug abuse, particularly the use of cocaine
- ▶ Head injury
- ▶ Heavy alcohol consumption
- ▶ Certain blood infections
- ▶ Lower estrogen levels after menopause

For information about stroke services available at Saint Barnabas Medical Center and for a refrigerator magnet with the signs, please call **973.322.9742**.

## Don't Delay If You Think It is a Stroke – Time is Brain

Saint Barnabas Medical Center is a Comprehensive Stroke Center as designated by the Department of Health and Senior Services in New Jersey. It is also a Joint Commission certified center. Under the leadership of a board-certified neurologist, The Stroke Center at Saint Barnabas has a team of medical and surgical professionals, available around the clock, who specialize in the rapid diagnosis and treatment of stroke. Stroke is a medical emergency. Everyone should be aware of the signs and symptoms of stroke. If you or your loved one is suffering from a stroke, seek emergency care immediately and call 911.

#### Signs and Symptoms of Stroke

- ▶ Sudden weakness, numbness or paralysis of the arm, leg, face or side of the body.
- ▶ Sudden difficulty seeing in one or both eyes or double vision.
- ▶ Sudden fall, dizziness, loss of balance or coordination.
- ▶ Sudden intense or unexplained headache.
- ▶ Trouble talking or understanding speech or loss of memory.

# F.A.S.T.

IS AN EASY WAY TO IDENTIFY A POSSIBLE STROKE:

## FACE

Ask the person to smile. Does one side of the face droop?

## ARM

Ask the person to raise both arms. Does one arm drift DOWNWARD?

## SPEECH

Ask the person to repeat a simple sentence, i.e., *"Today is a beautiful day."* Can he/she correctly repeat the sentence? Does the speech sound garbled or slurred?

## TIME

If the answer to any of the above is yes, it is time to act. Call 911 immediately to get the person to the emergency room quickly. Lost time is lost brains cells.





# Kids KOrner

Q.

Should my child get the flu vaccine?

A.

Yes. In fact, the American Academy of Pediatrics recommends annual trivalent seasonal influenza immunization for all children and adolescents 6 months of age and older. Special efforts should be made to immunize all family members, household contacts, and out-of-home care providers of children who are younger than 5 years; children with high-risk conditions (e.g., asthma, diabetes, or neurologic disorders); health care personnel; and pregnant women. These groups are most vulnerable to influenza-related complications.



**Timothy S. Yeh, MD, FAAP, FCCM,**  
Chairman, Department of Pediatrics

## A Healthy Start to the New School Year

Fiber plays such an important role in your child's diet. High-fiber foods for kids are beneficial in preventing constipation and help with digestion and cleansing the digestive track. Below are a few "back to school" tips to help ensure your child gets plenty of fiber each day.

- ▶ Pack a container with high-fiber cereal for the car ride to school or a healthy fun part of lunch.
- ▶ Make sandwiches with whole grain breads, high fiber/high protein wraps (look for ones with at least 5 grams of both fiber and protein per wrap) or whole grain sandwich thins.
- ▶ Keep cut-up pieces of fruit and veggies in the refrigerator for easy access after school.



**Debra Gill, PhD,**  
Director, Healthy LIFE®  
Saint Barnabas Weight Management Program



## BEWARE THIS HALLOWEEN:

### Your Children's Candy Could be Loaded with Caffeine

When kids return from trick or treating, there is a new reason for parents to sort through their Halloween booty. Many items intended for children may contain caffeine, including chocolate, gum and candy.

"Over consumption of caffeine is associated with hyperactivity, insomnia, increases in blood pressure and obesity," says **Timothy S. Yeh, MD,** Chairman of the Department of Pediatrics at Saint Barnabas Medical Center. He explains that while research in this area is somewhat limited, it is compelling enough to warrant restricting caffeine intake in children to as little as possible. "If there is no need for caffeine, why take the risk and allow children to consume it," he asks.



# BUILDING A FOUNDATION



Friends of Saint Barnabas Golf Open Committee Members



JCC Mitzvah Walk to benefit Pediatrics



Janet Tedesco, Party for a Purpose Event Chair (middle), with Andrew Dennis and event honoree Pamela Dennis

## UPCOMING EVENTS FOR SAINT BARNABAS MEDICAL CENTER

- ▶ **Miracle Walk at Verona Park to benefit the Neonatal Intensive Care Unit (NICU)**  
Sunday, October 2, 2011
- ▶ **24th Annual Valor Awards to benefit the Burn Center**  
Thursday, October 27, 2011
- ▶ **The Saint Barnabas Medical Center Gala Honoring the Saint Barnabas Medical Center Trustees**  
Saturday, October 29, 2011



Mr. and Mrs. Roy Malacuso donate raffle proceeds back to SBMC at Party for a Purpose



Pedaling for Prevention Bike Ride participants: Robert Schuman, MD, Melinda Carson, MD and Robert Dorian, MD



Nursing Awards — Leo August Nurse Manager Award recipient Bonnie Sachs, RN (center) with Sari Kaplon, MBA, RN, CNA, Vice President of Patient Care Services, Saint Barnabas Medical Center; and Nancy Holecek, RN, BSN, MHA, Senior Vice President - Chief Nursing Officer, Barnabas Health



Children participate in the West Orange JCC Preschool Mitzvah Walk to raise money for the Pediatric Department at Saint Barnabas Medical Center.

For more information, please call the Saint Barnabas Medical Center Foundation at **973.322.4321**.



OCTOBER 2011

## SAINT BARNABAS COMMUNITY PROGRAMS, EDUCATION CLASSES AND SUPPORT GROUPS

### 11<sup>TH</sup> ANNUAL MIRACLE WALK

October 2; registration begins at 9 a.m.;  
walk at 10:30 a.m.

Verona Park, Verona, NJ

The 11<sup>th</sup> Annual Miracle Walk, created by a group of parents in appreciation of the care their children received, benefits the 56-bed Neonatal Intensive Care Unit at Saint Barnabas Medical Center in Livingston. The walk, which will be held rain or shine, follows a scenic, stroller-friendly path around the park. Participants may walk any distance that is comfortable for them. For more information about Miracle Walk: [www.miraclewalk.com](http://www.miraclewalk.com), 973.322.4259, [miraclewalk@barnabashealth.org](mailto:miraclewalk@barnabashealth.org).

### SIBLINGS CLASS

October 2; 9:00 a.m.

Saint Barnabas Medical Center,

94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas offers a class for the whole family which is designed to reduce children's anxieties when separating with their mothers at the time of delivery. This class promotes a good feeling about the hospital and provides children with realistic expectations of newborn babies. The fee is \$40 per family and advanced registration is required by calling 973-322-5360.

### HEART HEALTH

October 4; 6:30 to 7:30 p.m.

Leon & Toby Cooperman JCC

Metrowest, 760 Northfield Avenue,

West Orange, NJ

Cardiovascular disease is the #1 killer of Americans. Hear from Claudia Irmiere, RN, CCRN, APN, a cardiac clinical nurse specialist from The Barnabas Health Heart Center at Saint Barnabas Medical Center, and learn what steps you can take to reduce your personal risk of cardiovascular disease and to protect your health. The program is free, but advanced registration is required: 973-322-5620 or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

### MEET THE BIRTH DOULA

October 4; 6:00 to 7:00 p.m.

Destination Maternity, Livingston Town Center, 2115 Town Center Way, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas invites expecting couples to learn more about the services and support provided by birth doulas. The program is free, but advanced registration is required, call 973.322.5360.

### NEW MOMS' CIRCLE

October 4, 11, 18, 25; 10:00 to 11:30 a.m.

Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas offers a free, six-week support group that is led by a licensed clinical psychologist specializing in post partum adjustment. Topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. The program is free, but advanced registration is required by calling 973.322.5360.

### BREASTFEEDING SUPPORT GROUP

October 4, 11, 18, 25;

11:30 a.m. to 12:30 p.m.

Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas sponsors this free workshop to help you achieve the confidence and skills you need for a satisfying nursing experience. Newborns in car seats or strollers are welcome. The program is free and advanced registration is required by calling 973.322.5360.

### BREASTFEEDING BASICS

October 4 or 18; 7:00 to 9:30 p.m.

Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education Department at Saint Barnabas offers a prenatal workshop to help mothers achieve the confidence and skills necessary for a satisfying nursing experience once their baby is born. A fee applies and advanced registration is requested by calling 973.322.5360.



**WEIGHT LOSS SURGERY OPTIONS**

October 5; 6:00 p.m.

Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ

Saint Barnabas's Bariatric Surgery Center of Excellence is led by accomplished laparoscopic bariatric surgeons who are respected members of the American Society for Metabolic and Bariatric Surgery. Our goal is to develop a relationship with you and support you throughout your journey to better health. If you have tried and failed to lose weight, have a BMI of over 40 or a BMI of over 35 with obesity-related medical problems or are 80-100 pounds overweight, bariatric surgery may be the solution. The program is free, but advanced registration is required: **973.322.7433** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**MATERNITY ORIENTATION**

October 5; 7:30 p.m.

Islami Auditorium, Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas offers this free seminar, designed for expecting mothers interested in or planning to deliver at Saint Barnabas Medical Center, on the first Wednesday of every month. The program is free, and registration is not required.

**PERINATAL BEREAVEMENT SUPPORT GROUP**

October 5; 7:30 to 9:00 p.m.

Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston, NJ

Those who have experienced a loss during pregnancy or the death of a newborn often benefit from sharing their distress and receiving support from others who have suffered a similar tragedy. The group offers this support to help parents come to terms with their grief. Meetings are usually held the first Wednesday of each month. The program is free, but advanced registration is required by calling Dorothy Kurzweil, LCSW, at **973.322.5745** or **973-322-5055**.

**TREATMENT OPTIONS FOR HIP AND KNEE PAIN**

October 12; 7:00 to 8:30 p.m. Union Public Library, 1980 Morris Avenue, Union, NJ  
If your hip or knee pain is dramatically

reducing the quality of your life, you should attend this informational seminar which will include a presentation from Dr. Michael Rieber, an orthopedic surgeon with The Joint Institute at Saint Barnabas Medical Center. The program is free, but advanced registration is requested: **973.322.9908** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**CHILDBIRTH PREPARATION CLASS**

October 17; 7:15 to 9:30 p.m.

Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas offers this class for first-time parents to help prepare for pregnancy, labor and delivery and provide instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; condensed weekend series are available. A fee applies. Advanced registration is requested by calling **973.322.5360**.

**SPINE SURGERY: AN EXPLANATION OF MINIMALLY INVASIVE, ENDOSCOPIC, AND TRADITIONAL OPEN TECHNIQUES**

October 18; 7:00 p.m.

1070 Morris Ave, Union, NJ 07083

Joshua Landa, MD, an orthopedic surgeon with The Spine Institute at Saint Barnabas, will address surgical treatments for back pain, including minimally invasive, endoscopic, and traditional techniques. The Spine Institute at Saint Barnabas specializes in the diagnosis and treatment of congenital, chronic or acute spinal disorders such as stenosis, scoliosis, herniated disks and degenerative disks. The program is free, but advanced registration is requested by calling **973.322.2988**, or visiting [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**SURGICAL OPTIONS TO GASTROESOPHAGEAL REFLUX DISEASE (GERD)**

October 18; 6:30 to 7:30 p.m.

Leon & Toby Cooperman JCC Metrowest, 760 Northfield Avenue, West Orange, NJ

More than 44% of Americans suffer from GERD, Gastroesophageal reflux disease, and its effects can be painful and dangerous. Left untreated GERD can cause bleeding, ulcers, scarring and even cancer. For those suffering from GERD who have not found relief through medications or lifestyle and diet changes, it may be time to consider the

surgical options. With the introduction of minimally invasive surgery for GERD, there is increasing patient and doctor satisfaction with surgical therapy and many more patients and their physicians entertain surgery as an excellent therapeutic option for GERD. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**ASK THE EXPERT: ELION KROK, M.D.**

October 25; 9:00 to 10:00 a.m.

Leon & Toby Cooperman JCC Metrowest, 760 Northfield Avenue, West Orange, NJ

Dr. Elion Krok, an Internal Medicine physician who specializes in Metabolic Medicine, will be on hand to answer your questions. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**SLEEP DISTURBANCES IN CHILDREN**

October 28, 9:30 a.m.

Leon & Toby Cooperman JCC Metrowest, 760 Northfield Avenue, West Orange, NJ

The Center for Sleep Disorders at Saint Barnabas Medical Center understands that children need special attention and care. Our physicians and staff are dedicated to helping children with sleep problems get the sleep they need to stay healthy. Learn about the importance of sleep in children and ways to address sleep disturbances. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**RELAXING BIRTH CLASS**

October 29; 9:00 to 11:30 a.m.

Saint Barnabas Medical Center, 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education Department at Saint Barnabas offers this mini-workshop specifically for those who plan to use the Natural Birthing Room at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. A previous childbirth preparation class and approval from your obstetrician are required to enroll in this class and use the Natural Birthing Rooms. A fee applies. Advanced registration is requested by calling **973.322.5360**.

## Saint Barnabas Medical Center Earns **“TOP PERFORMERS ON KEY QUALITY MEASURES”** from The Joint Commission

**F**ive Barnabas Health medical centers were named among only 12 New Jersey hospitals and only 405 hospitals throughout the United States, among 3,099 considered, as ‘Top Performers on Key Quality Measures’ by the prestigious Joint Commission. The organization is the leading accreditor of health care organizations in America. The announcement was made for the first time in The Joint Commission’s 2011 annual report on quality and safety, *Improving America’s Hospitals*. The medical centers – Clara Maass Medical Center in Belleville, Community Medical Center in Toms River, Monmouth Medical Center in Long Branch, Newark Beth Israel Medical Center in Newark and Saint Barnabas Medical Center in Livingston – were recognized by The Joint Commission based on data reported about evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care and children’s asthma.

All 405 hospitals earned the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance. Inclusion on the list is based on an aggregation of accountability measure data reported to The Joint Commission during 2010. To be recognized as a Top Performer on Key Quality Measures, an organization must meet two 95 percent performance thresholds. First they must achieve a composite performance of 95 percent or above after the results of all

the accountability measures for which they report data to The Joint Commission were factored into a single score, including measures that had less than 30 eligible cases or patients. Second, they must meet or exceed a 95 percent performance target for every single accountability measure for which they report data, excluding any measures with less than 30 eligible cases or patients. “Today, the public expects transparency in the reporting of performance at the hospitals where they receive care, and The Joint Commission is shining a light on the top performing hospitals, such as the five in the Barnabas Health system, that have achieved excellence on a number of vital measures of quality care,” says **Mark R. Chassin, MD, FACP, MPP, MPH**, president, The Joint Commission. “We are extremely proud to be named to the list of The Joint Commission’s Top Performers on Key Quality Measures,” said Ronald J. Del Mauro, Chief Executive Officer, Barnabas Health. “Our medical centers are committed to providing high quality health care that results in positive patient outcomes through evidence-based care processes.”

These five Barnabas Health medical centers will be recognized on The Joint Commission’s Quality Check website ([www.qualitycheck.org](http://www.qualitycheck.org)). The Joint Commission recognized Saint Barnabas Medical Center in Livingston for achieving excellence in performance on its accountability measures during 2010 for the following measure sets: Heart Attack, Heart Failure and Pneumonia.



NOVEMBER 2011

## SAINT BARNABAS COMMUNITY PROGRAMS, EDUCATION CLASSES AND SUPPORT GROUPS

### HEALTHY AGING

November 1; 10:00 to 11:00 a.m.

Leon & Toby Cooperman JCC  
 MetroWest, 760 Northfield Avenue,  
 West Orange, NJ

Whether you’re concerned about weight gain, sex drive or chronic diseases, the key to healthy aging is a healthy lifestyle. This program, presented by Sue Weinstein, R.N., Director of Women’s Health at Saint Barnabas Medical Center, will focus on easy to adopt practices that you can incorporate into your daily routine which will go a long way to promote healthy aging. It is never too late to make healthier lifestyle choices and this program is a great place to start. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

### NEW MOMS’ CIRCLE

November 1, 8, 15, 22; 10:00 to 11:30 a.m.

Barnabas Health Ambulatory Care  
 Center, 200 South Orange Avenue,  
 Livingston, NJ

Women’s Health/Parent Education at Saint Barnabas offers a free, six-week support group that is led by a licensed clinical psychologist specializing in postpartum adjustment. Topics include transitioning to parenthood, mood changes, baby blues vs. postpartum depression and myths of motherhood. The program is free, but advanced registration is required by calling **973.322.5360**.

### BREASTFEEDING SUPPORT GROUP

November 1, 8, 15, 22;  
 11:30 a.m. to 12:30 p.m.

Barnabas Health Ambulatory Care  
 Center, 200 South Orange Avenue,  
 Livingston, NJ

Women’s Health/Parent Education at Saint Barnabas sponsors this free workshop to help you achieve the confidence and skills you need for a satisfying nursing experience. Newborns in car seats or strollers are welcome. The program is free and advanced registration is required by calling **973.322.5360**.

**BREASTFEEDING BASICS**

November 1, 15 or 29; 7:00 to 9:30 p.m.  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ  
 Women's Health/Parent Education  
 Department at Saint Barnabas offers a  
 prenatal workshop to help mothers  
 achieve the confidence and skills  
 necessary for a satisfying nursing  
 experience once their baby is born. A  
 fee applies and advanced registration  
 is requested by calling 973.322.5360.

**WEIGHT LOSS SURGERY OPTIONS**

November 2; 6:00 p.m.  
 Barnabas Health Ambulatory Care  
 Center, 200 South Orange Avenue,  
 Livingston, NJ  
 Saint Barnabas's Bariatric Surgery  
 Center of Excellence is led by  
 accomplished laparoscopic bariatric  
 surgeons who are respected members  
 of the American Society for Metabolic  
 and Bariatric Surgery. Our goal is to  
 develop a relationship with you and  
 support you throughout your journey to  
 better health. If you have tried and  
 failed to lose weight, have a BMI of over  
 40 or a BMI of over 35 with obesity-  
 related medical problems  
 or are 80-100 pounds overweight,  
 bariatric surgery may be the solution.  
 The program is free, but advanced  
 registration is required: 973.322.7433 or  
[barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**MATERNITY ORIENTATION**

November 2; 7:30 p.m.  
 Islami Auditorium, Saint Barnabas  
 Medical Center, 94 Old Short Hills Road,  
 Livingston, NJ  
 Women's Health/Parent Education at  
 Saint Barnabas offers this free seminar,  
 designed for expecting mothers  
 interested in or planning to deliver at  
 Saint Barnabas Medical Center, on the  
 first Wednesday of every month. The  
 program is free, and registration is  
 not required.

**PERINATAL BEREAVEMENT  
SUPPORT GROUP**

November 2; 7:30 to 9:00 p.m.  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ  
 Those who have experienced a loss  
 during pregnancy or the death of a  
 newborn often benefit from sharing their  
 distress and receiving support from  
 others who have suffered a similar  
 tragedy. The group offers this support to  
 help parents come to terms with their  
 grief. Meetings are usually held the first  
 Wednesday of each month. The  
 program is free, but advanced  
 registration is required by calling  
 Dorothy Kurzweil, LCSW, at  
 973.322.5745 or 973.322.5055.

**SIBLINGS CLASS**

November 6; 9:00 a.m.  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ  
 Women's Health/Parent Education at  
 Saint Barnabas offers a class for the  
 whole family which is designed to  
 reduce children's anxieties when  
 separating with their mothers at the time  
 of delivery. This class promotes a good  
 feeling about the hospital and provides  
 children with realistic expectations of  
 newborn babies. The fee is \$40 per  
 family and advanced registration is  
 required by calling 973.322.5360.

**LAMAZE REFRESHER**

November 8; 6:45 p.m.  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ  
 Women's Health/Parent Education at  
 Saint Barnabas offers this review on  
 breathing and relaxation skills for  
 couples who previously attended a  
 prepared childbirth series during a  
 prior pregnancy. The fee is \$70.  
 Advanced registration is requested by  
 calling 973.322.5360.

**MARVELOUS MULTIPLES**

November 12; 9:00 a.m. to 3:30 p.m.  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ  
 Women's Health/Parent Education at  
 Saint Barnabas offers a course for  
 couples expecting a multiple birth. Due to  
 the possibility of activity limitation, you  
 should register as early as possible.  
 Program covers childbirth preparation,  
 newborn baby care and includes a tour  
 of labor and delivery. A fee applies.  
 Advanced registration is requested by  
 calling 973.322.5360.



**FREE KIDNEY TRANSPLANT PATIENT SYMPOSIUM**

*November 14, 2011, 6:00 to 8 p.m.*  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ

Kidney transplantation is considered the best long-term treatment option for patients with chronic kidney disease who are either on or approaching dialysis. The Renal and Pancreas Transplant Program at Saint Barnabas Medical Center invites those who wish to learn more about transplantation to attend one of its upcoming patient symposia. These informal programs will provide those interested in pursuing transplantation, already on a transplant waiting list or receiving dialysis with an update regarding advances in transplantation. Members of Saint Barnabas's nationally respected and experienced team will address questions that people may have about kidney transplantation. The program is free, but registration is required; **1.888.724.7123** or visit [www.transplantkidney.org](http://www.transplantkidney.org).

**LATEST TREATMENT FOR HIP AND KNEE PAIN**

*November 15; 6:30 to 7:30 p.m.*  
 Leon & Toby Cooperman JCC  
 MetroWest, 760 Northfield Avenue,  
 West Orange, NJ

Millions of people suffer from pain in their hips and/or their knees. This seminar, led by Richard Rosa, M.D., an orthopedic surgeon from The Joint Institute at Saint Barnabas Medical Center, will discuss the myriad of treatment options available including the brand new custom knee replacement. The Joint Institute approach aims to relieve pain, restore independence, and return you to work and other daily activities. If your hip or knee pain is dramatically reducing the quality of your life, you should attend this informational seminar. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**WINTER SAFETY TIPS AND FIRST AID KIT BASICS**

*November 18, 9:30 a.m.*  
 Leon & Toby Cooperman JCC  
 MetroWest, 760 Northfield Avenue,  
 West Orange, NJ

Members of the Saint Barnabas Medical Center Pediatric Emergency Department will teach parents about

the top 10 things that should be in every first aid kit. The program will also address common wintertime injuries and steps you can take to keep your children safe. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**"QUITTING WORKS: THE PATH TO FREEDOM FROM TOBACCO"**

*November 21; 7:30 to 8:30 p.m.*  
 Leon & Toby Cooperman JCC  
 MetroWest, 760 Northfield Avenue,  
 West Orange, NJ

Everyone who has ever quit using tobacco has a story to tell. This brief information session will arm you with knowledge about proven techniques that can help you quit, help a loved one make the decision to try, and reveal the tactics that Big Tobacco has used for decades to keep people smoking. The program is free, but advanced registration is required: **973.322.5620** or [barnabashealthcalendar.org/sbmc](http://barnabashealthcalendar.org/sbmc).

**CHILDBIRTH PREPARATION CLASS**

*November 28; 7:15 to 9:30 p.m.*  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education at Saint Barnabas offers this class for first-time parents to help prepare for pregnancy, labor and delivery and provide instruction in baby care and a tour of the maternity unit. This course consists of four evening classes held once a week; condensed weekend series are available. A fee applies. Advanced registration is requested by calling **973.322.5360**.

**RELAXING BIRTH CLASS**

*November 29; 7:00 to 9:30 p.m.*  
 Saint Barnabas Medical Center,  
 94 Old Short Hills Road, Livingston, NJ

Women's Health/Parent Education Department at Saint Barnabas offers this mini-workshop specifically for those who plan to use the Natural Birthing Room at Saint Barnabas. Non-pharmacological coping skills, birthing ball, water therapy and other holistic modalities will be covered. A previous Childbirth Preparation class and approval from your obstetrician to use our Natural Birthing Rooms are required to take this class. A fee applies. Advanced registration is requested by calling **973.322.5360**.



# A Tailgate Party to Remember

Saint Barnabas Medical Center

## Executive Chef Jesse Kraff

tees up some delicious recipes to kick start your tailgating party this fall.



### Executive Chef Jesse Kraff

is a graduate of The Culinary Institute of America. He has worked in a variety of culinary positions including a private chef, Executive Chef of a high-end catering facility and at Saint Barnabas Medical Center for four years. He recently returned from a 46-country tour throughout Asia, Africa and Europe studying local cultures, environments and farming practices and how they impact daily living. Jesse has a passion for local, sustainable, farming, fishing and purchasing.

## WHITE BEAN AND TURKEY CHILI

*YIELD: 8 servings (serving size: about 1 cup)*

### Ingredients

- ▶ 1 tablespoon canola oil
- ▶ 2 cups diced yellow onion (about 2 medium)
- ▶ 1 1/2 tablespoons chili powder
- ▶ 1 tablespoon minced garlic
- ▶ 1 1/2 teaspoons ground cumin
- ▶ 1 teaspoon dried oregano
- ▶ 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- ▶ 4 cups fat-free, less-sodium chicken broth
- ▶ 3 cups chopped cooked turkey
- ▶ 1/2 cup diced seeded plum tomato (about 1)
- ▶ 1/3 cup chopped fresh cilantro
- ▶ 2 tablespoons fresh lime juice
- ▶ 1/2 teaspoon salt
- ▶ 1/2 teaspoon freshly ground black pepper
- ▶ 8 lime wedges (optional)

### Preparation

1. Heat oil in a large pot over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.
2. Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.
3. Amount Per Serving Calories 286; Fat 6g; Saturated Fat 1.2g; Monounsaturated Fat 2.1 g; Polyunsaturated Fat 1.6g; Protein 32.4g; Carbohydrates 24.3g; Fiber 5.5g; Cholesterol 85 mg; Iron 4.8g; Sodium 435mg; Calcium 105mg





## YOGURT-AND-SPICE GRILLED CHICKEN SKEWERS

*Soak wooden skewers to keep them from burning. Stand them in a tall glass or pitcher of water for a few hours or overnight.*

### Ingredients

#### Dipping sauce:

- 1/3 cup honey mustard
- 2/3 cup reduced-fat sour cream

#### Marinade:

- 1 cup plain low-fat yogurt
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2-1 teaspoon chili powder
- 1/4 teaspoon ground cayenne pepper
- 1/2 teaspoon salt

#### Chicken:

- 1 1/2 pounds skinless, boneless chicken breasts, trimmed of visible fat
- 12 metal or wooden skewers

### Preparation

1. For the dipping sauce, mix the honey mustard and sour cream in a small bowl. Cover and refrigerate until needed. This sauce can be made up to 2 days in advance.
2. In a small bowl, whisk together all marinade ingredients; set aside.
3. Cut each chicken breast lengthwise into 4 long, thin strips. You should end up with about 12 strips. Place the strips into a gallon-size zip-top plastic bag. Pour the marinade mixture over the chicken, and close the bag. Then flip the bag a few times to ensure that all pieces are coated with marinade, and refrigerate for at least 4 hours or overnight.
4. When ready to cook, transfer the chicken to a colander to drain off excess marinade. With clean hands, skewer each piece of chicken, threading it onto the end of a skewer. Continue until all of the chicken pieces are skewered.
5. Preheat the grill or grill pan to medium heat. Cook for about 2 1/2 minutes on each side, testing chicken for doneness before serving (*meat should be opaque*). Transfer skewers to a clean platter.
6. Serve chicken while hot or cool with the dipping sauce alongside.

## BARBECUE PORK-AND-COLESLAW HOAGIES

*YIELD: 4 servings*

### Ingredients

- 1 (1-pound) pork tenderloin
- 1/2 cup spicy barbecue sauce
- Cooking spray
- 2 1/2 cups packaged cabbage-and-carrot coleslaw
- 2 1/2 tablespoons low-fat sour cream
- 1 1/2 tablespoons light mayonnaise
- 1 1/2 teaspoons sugar
- 2 1/2 teaspoons prepared horseradish
- 4 (2 1/2-ounce) hoagie rolls with sesame seeds
- Dill pickle slices (optional)

### Preparation

1. Trim fat from pork; cut pork in half lengthwise. Grill for 2-3 minutes on each side. Brush the pork with 3 tablespoons barbecue sauce. Or if you do not have a grill and you are at home place pork on a broiler pan coated with cooking spray, and broil for 15 minutes or until a thermometer registers 155 turn pork occasionally. Cut into 1/4-inch-thick slices.
2. While pork is cooking, combine the coleslaw and the next 4 ingredients (coleslaw through horseradish) in a medium bowl; set aside.
3. Combine the pork and 3 tablespoons barbecue sauce. Brush cut sides of bread with 2 tablespoons barbecue sauce. Divide the pork evenly among bottom halves of rolls. Top each roll half with about 1/2 cup

*Nutritional: Amount per serving Calories: 398 ; Calories from fat: 23%; Fat: 10.2g Saturated fat: 3.6g; Monounsaturated fat: 4g; Polyunsaturated fat: 1.7g; Protein: 34g ; Carbohydrate: 45g Fiber: 3.4g; Cholesterol: 88mg ;Iron: 4.6mg*



# STREAMLINED EMERGENCY CARE SERVICE Means Patients are Treated Faster

*A child with a bleeding cut on the head. An executive who is experiencing chest pain. A weekend warrior with a broken arm. During an emergency such as these, patients want just one thing: rapid and accurate medical response.*



## SAINT BARNABAS MEDICAL CENTER

The Saint Barnabas Medical Center Emergency Department treats more than 82,000 patients per year, including 25,000 children. The ED provides support for every specialty program, including The Heart Center and the state's only certified Burn Center. Saint Barnabas Medical Center is a Comprehensive Stroke Center as designated by the Department of Health and Senior Services. In the Pediatric ED, physicians who are board-certified in either pediatrics or pediatric emergency medicine, treat young patients in a child-friendly area.

Highlights of the ED include an expanded Fast Track area where the time between arrival and seeing a health care provider averages 9 minutes. The Fast Track area helps patients with non-life threatening conditions to get home more quickly. "Over the past few years, the Fast Track volume dramatically increased and we needed a larger, dedicated area to quickly and efficiently treat our patients," states **Christopher Freer, DO**, Chairman of Emergency Medicine. "This expansion has resulted in an even better experience for our patients."

Another feature is the Rapid Delivery Unit, where patients who are experiencing chest pain but have an otherwise normal EKG, or who have stroke-like symptoms, can receive full service testing without admission to the hospital. About 80 percent of patients are discharged after 12 hours, instead of the usual three-day hospital stay.

## NEWARK BETH ISRAEL MEDICAL CENTER

Between 80 and 90 percent of patients arriving at Newark Beth Israel Medical Center's Emergency Department fall into the Level Three category, not as serious as a heart attack, more serious than a laceration. To fast track these patients, the ED has a four-bed Intake Area where patients are rapidly seen by an Emergency Medicine Physician. The physician assesses whether the patient is in need of immediate admission to the main ED, or in less serious condition. Patients in better condition are moved to a special area where they can watch television from bed as they wait for test results.

"In the eyes of the patient, the most wasteful step is anything that keeps him or her from being seen by a physician immediately," says **Eric J. Wasserman, MD**, Chairman and Medical Director of Newark Beth Israel's Department of Emergency Medicine. "Our goal with the Intake Area is to get the patient to the provider in the shortest time from arrival."

Newark Beth Israel's ED treats 60,000 adult patients and 30,000 pediatric patients annually. A newly opened 8-bed Geriatric Unit uses geriatric-specific equipment, such as mattresses with air bladders, and specially-tailored care for those 65 and older.

## CLARA MAASS MEDICAL CENTER'S SERVICES

In 12 years, Clara Maass Medical Center's Emergency Department has tripled in volume to 75,000 annual patient visits. Despite the rapid growth, Clara Maass has maintained excellence in patient satisfaction and time of treatment, as shown by the 2011 Healthgrades Emergency Medical Excellence Award, which was given to only four facilities in New York and New Jersey.

Clara Maass has had several major expansions, including the main ED, Fast Track for minor conditions, and Rapid Delivery Unit where patients are observed and tested. An Express Care area next to the triage unit allows physicians to begin treating the patient even if no rooms are available. A separate Pediatric Area offers video games and comfortable seating for families, as well as fast-tracking of minor conditions.

One of the most outstanding aspects of the ED is the advanced training of the treating physicians. "While all of our physicians are board-certified in emergency medicine, most are multi-boarded in internal medicine as well," says **John Fontanetta, MD**, Chair of the Emergency Department at Clara Maass Medical Center, who is also board-certified in Pulmonary and Critical Care Medicine. "We have advanced medical expertise that benefits our patients."



**Christopher Freer, DO**  
Chairman of Emergency Medicine  
Saint Barnabas Medical Center



**Eric J. Wasserman, MD**  
Chairman and Medical Director of  
Department of Emergency Medicine  
Newark Beth Israel Medical Center



**John Fontanetta, MD**  
Chairman of the Emergency  
Medicine at Clara Maass  
Medical Center



### Fast Track at Saint Barnabas Medical Center

The new Fast Track in the Saint Barnabas Medical Center Emergency Department offers an area for people who have urgent but non-life threatening conditions to be treated and released more quickly. Twice the size of the previous area, the Fast Track treats over 18,000 people each year. Patients have the benefits of the whole department, including access to physicians and sub-specialists and to the Emergency Department if the condition becomes emergent. The Fast Track offers a private suture area for faster treatment of lacerations. To address sports-related injuries, staff collaborates with the Matthew J. Morahan, III, Health Assessment Center for Athletes and Im-Pact Concussion Screening Program at the Barnabas Health Ambulatory Care Center.

### Clara Maass Medical Center

Treating more than 73,000 patients each year, the Emergency Department (ED) at Clara Maass Medical Center (CMMC) is one of only five NJ hospitals ranked among the top five percent in the Nation for Emergency Medicine Excellence, according to HealthGrades. Clara Maass is also Joint Commission Disease Specific Certified for Acute Coronary Artery Syndrome (ACS). Patients entering the ED with ACS receive immediate medical attention. If a patient needs emergent cardiac catheterization or angioplasty, two state-of-the-art cardiovascular procedure rooms within the Cardiac Catheterization Lab, are located next to the ED for immediate access. CMMC is also a state-designated stroke center, which means that there is a rapid, definitive treatment plan and team in place for patients presenting symptoms of stroke.

### Enhanced Equipment and Processes at Newark Beth Israel Medical Center

Patients with the most serious medical conditions receive rapid treatment at Newark Beth Israel. A newly expanded Resuscitation Area for incoming patients with trauma and other critical conditions features streamlined Pyxis™ stations for immediate access to vital supplies and medications. Any patient transported by Advanced Life Support-trained paramedics is immediately transferred to an ED bed and seen by a physician. A special code is activated for patients arriving in need of emergent cardiac catheterization, and the door-to-balloon treatment time averages 46 minutes, well below the recommended 90 minutes. Newark Beth Israel is a state-designated stroke center, and stroke patients also trigger a special code to fast track delivery of tissue plasminogen activator (tPA) medication in an effort to improve outcomes.



## Couple's Dream of a NATURAL BIRTH BECOMES REALITY

**W**hen Amy and Jeff Drylewicz of Union, NJ, learned they were expecting their first child, they knew they wanted him or her to come into this world as naturally as possible and without an epidural. They put a lot of time into researching various birthing techniques. After considering a homebirth, they decided to have a natural birth at Saint Barnabas Medical Center (SBMC) with support from a doula.

"With this being our first pregnancy and not knowing how it would go, we wanted to be in the hospital," Ms. Drylewicz explained. They were also reassured knowing that SBMC's highly-rated Neonatal Intensive Care Unit (NICU) was available if necessary.

Working with their doula, the couple created their ideal birth plan to ensure that the physicians, nurses and staff involved with the labor and delivery would be aware of their wishes. "We talked with our Ob/Gyn, **Daria Klachko, MD**, about our ideas and she supported our birth plan 100 percent," Ms. Drylewicz said.

After taking several classes offered through SBMC's Women's Health Department, including Childbirth Preparation, Relaxing Birth and Breastfeeding, the couple arrived at Saint Barnabas feeling prepared to deliver their first child. "The classes were extremely helpful. The hands-on experience was wonderful and the breathing techniques and positions we learned exceeded our expectations," she said.

During her 13-hour labor, Ms. Drylewicz was able to walk up and down the halls, use the shower, and incorporate the relaxation, imagery and massage skills she learned through the Relaxing Birth Class and from her doula. She is grateful to her husband, physicians and doula for providing her with support and confidence during the entire time.

Looking back, Mrs. Drylewicz is delighted that she was able to naturally deliver her beautiful daughter Charlotte as she intended. "Everyone at Saint Barnabas was professional, nurturing and respectful of our wishes for a natural birth."

To find a Saint Barnabas Medical Center obstetrician/gynecologist, please call **1.888.724.7123**.



**Daria Klachko, MD**  
Obstetrician/Gynecologist



### What new parents can expect from Saint Barnabas Medical Center:

- ▶ Caring and attentive doctors, nurses and staff
- ▶ Private rooms for all new mothers at no additional cost
- ▶ Family-centered care that allows 24/7 bonding and rooming in
- ▶ Mother/Baby nurses who are lactation specialists with years of training
- ▶ Level III neonatal intensive care unit (NICU)
- ▶ Natural Birthing Room for couples interested in a more homelike birthing experience within the hospital
- ▶ Attractive, modernized facilities
- ▶ Active maternal-child education program with a wide variety of classes
- ▶ 24/7 in-house anesthesiologists, OB/GYNs, and neonatologists
- ▶ Concierge service to help make your delivery extra special

**To learn more about having a baby at Saint Barnabas Medical Center, please visit [www.barnabahealth.org](http://www.barnabahealth.org)**



**Ed Mack**  
Rockaway Township

## Stop Suffering from Hip and Knee Pain: GET YOUR LIFE BACK



**Richard Rosa, MD**  
Administrative Director, The Joint Institute  
at Saint Barnabas Medical Center

**A**fter suffering for years and years from knee pain, preventing him from sleeping at night, working or enjoying life, Ed Mack finally decided it was time for a knee replacement. After much consideration, the 58-year-old from Rockaway Township turned to **Richard Rosa, MD**, and the experts at The Joint Institute at Saint Barnabas Medical Center.

“We understand that joint pain can change how you see the world and dramatically impact your quality of life,” explains Dr. Rosa, an orthopedic surgeon with The Joint Institute. “Our unique approach to joint replacement is designed to get you back to your old self faster and with less pain than ever before,” he continued.

The Joint Institute is a dedicated place within Saint Barnabas Medical Center which provides care for just knee and hip replacement patients. The multi-disciplinary Joint team provides extensive pre- and post-operative education along with an intense and clinically proven rehabilitation program designed to get patients up and moving as quickly as possible. For further support, each patient is encouraged to bring a support partner who will be trained as a “coach” to assist him or her during the recovery.

Mr. Mack felt the program was excellent. “Prior to surgery, there was not really a question that was not answered,” he said. “I felt like the doctor and the hospital staff were prepared for me, knew what they were doing and all I had to do was show up.”

Primary candidates for hip and knee replacement are often individuals with chronic joint pain from arthritis that interferes with daily activities, walking, exercise, leisure, recreation, and work. “The surgery aims to relieve pain, restore your independence and return you to work and other daily activities,” Dr. Rosa explained.

“After surgery, the arthritis pain that I had in my left knee, I no longer have,” Mr. Mack said. Pleased with the results, he returned to Saint Barnabas three months later to have his right knee replaced. With his regained mobility Mr. Mack looks forward to going fishing again – something he hasn’t been able to do in five years.

The decision to proceed with knee or hip replacement surgery is very personal. It is a decision one should reach in collaboration with his or her primary care physician and orthopedic surgeon. They will help you assess whether the condition of your knees or hips warrants joint replacement surgery or could be better addressed with other treatments.

To schedule an appointment or register for an upcoming seminar, please call The Joint Institute at **973.322.9908**.

### The Joint Institute offers each patient:

- Pre-op education classes that prepare you for your joint replacement and hospital stay.
- Pre-op testing scheduled in conjunction with educational classes for patient convenience.
- A Joint Care Coordinator to assist you from pre-op education through your recovery.
- Specially trained and dedicated nursing and rehabilitation staff.
- Clinically proven physical and occupational therapy to get you back to being you.
- Special training for family members to assist as coaches.
- Consistent team approach to your care.
- Comprehensive manual to guide you through your surgery and rehabilitation.
- Discharge to your home on day three for most participants.



MATTHEW J. MORAHAN, III  
HEALTH ASSESSMENT  
CENTER FOR ATHLETES

## CARDIAC & CONCUSSION SCREENINGS



The Matthew J. Morahan, III Health Assessment Center for Athletes provides education, evaluation and assessment of sports injury and sports-related cardiac and concussion screenings. Barnabas Health serves and cares for 200,000 children, more pediatric patients than any other health care organization in New Jersey. This program furthers our long-standing commitment to the health and well-being of children and young adults.

The Matthew J. Morahan, III Health Assessment Center for Athletes conducts screenings to youth athletes at Barnabas Health Ambulatory Care Center, 200 South Orange Avenue, Livingston, NJ. These screenings include both Cardiac and Concussion Screenings that are held at various times throughout the year. A parent or guardian is asked to be present for the screening.

The cardiac screening is for young athletes aged six to 18 years old. When preliminary testing to identify serious cardiac problems is provided to young athletes, sudden cardiac arrest and tragic deaths may be avoided. Ninety percent of sudden cardiac deaths in young athletes occur during or after athletic activities. Hidden heart conditions are often the cause. The screenings will help to identify players who may require further testing or intervention.

The concussion baseline screening is for young athletes aged 12 to 18 years old for the first 75 who sign up. Having a concussion baseline study (ImPACT) for your young athlete can help identify issues in the future. If an athlete is believed to have suffered a head injury, this screening test may be used to evaluate the severity of the head injury and determine when it is safe to return to play.

For more information about the Matthew J. Morahan, III Health Assessment Center for Athletes or for upcoming screening information, please visit our website at [barnabashealth.org/morahanmemorialfund](http://barnabashealth.org/morahanmemorialfund) or call **973.322.7913**.

### ABOUT

#### MATTHEW J. MORAHAN, III

Before finding his true athletic calling on the links, Matthew participated in little league, recreational football, and swimming. In addition to becoming a golfer, Matthew went on to be an enthusiastic sports viewer as well as a devoted runner. To ensure child athletes can safely enjoy the same experiences Matthew did, his family and friends helped to create the Matthew J. Morahan, III Memorial Health Assessment Center for Athletes. Young athletes can be screened for otherwise undetectable brain and heart conditions at minimal or no cost.



# BARNABAS HEALTH INSTITUTE FOR PREVENTION

## OFFERS SUGGESTIONS TO PARENTS WHO SUSPECT BULLYING

Every parent wants his/her child to be safe - at home, in the community, and especially when in school. A recent report from the American Medical Association estimates that approximately 3.7 million youth engage in, and more than 3.2 million are victims of, moderate or serious bullying each year. To address the problem in New Jersey schools, Governor Chris Christie signed the amended Harassment, Intimidation and Bullying Legislation on January 6, 2011, requiring anti-bullying programs in public schools and language in college codes of conduct to address bullying. The Bill is considered by some to be the strictest legislation in the nation in regards to bullying.

“Effectively addressing the problem of bullying requires cooperation between everyone involved with our youth,” explains Connie Greene, Vice President for the Institute for Prevention (IFP), Barnabas Health Behavioral Health Network an affiliate of Barnabas Health. “This includes parents, community members and school officials. The Anti-Bullying Bill of Rights will help ensure everyone stays focused and is held accountable when it comes to protecting children from the potentially devastating effects of bullying.”

This past spring the IFP held training sessions to assist school administration in establishing the tools necessary to implement the requirements of the new amendment. The state-wide program, *Bullying: Breaking the Trend*, covered topics regarding complying with the newly-amended legislation; understanding the harassment, intimidation and bullying law; and also provided a strategic toolkit to attendees to help them bring their school into compliance by the September effective date.

“Children who are victims of bullying may feel insecure, begin to dislike school and/or have difficulty focusing academically,” adds Ms. Greene, emphasizing why participating in programs such as *Bullying: Breaking the Trend* is so important for parents, community members, school personnel and school officials. And, the effects of bullying typically do not end in childhood if the problem is not effectively addressed. “As children grow older, those who are bullied may experience depression, self-esteem issues and/or health problems.”

As a new school year has started, the IFP suggests parents employ the following strategies if they suspect their child is the victim of bullying and encourages them to reach out to his/her school for support.

- Talk with your child and ask questions.
- Empathize with him/her and express continual care and concern. Bullying can be extremely painful.
- Teach your child skills to become more assertive and confident.
- When bullying incidents occur, reinforce to your child the importance of reporting these incidents to someone they feel safe with both in school and at home.



For more information, please call **732.914.3815**.

94 Old Short Hills Road, Livingston, NJ 07039

## Older Adults Encouraged to **TAKE STEPS TOWARD HEALTH**



Fall has arrived and there is no better time to think about stepping up to a new regimen of exercise – walking.

Studies have shown that walking has numerous health benefits and can reduce the risk of many diseases. An added bonus is that it requires no prescription and the risk of side effects is very low. Benefits of walking include improved cardiovascular fitness and circulation, lowered risk of stroke, weight control, improved stamina and muscle strength, and reduction in blood pressure. But the rewards don't stop there – a daily brisk walk can relieve arthritis and back pain, improve sleep and generate an overall sense of well-being that can relieve depression, anxiety and stress.

Health care professionals from the Barnabas Health Home Health Care Services and Hospice and Palliative Care Centers, suggest older adults set realistic goals when getting started and keep a steady routine to get the most out of exercising. While any amount of walking is good, for best results aim for 30 minutes a day, five times a week. Remember that physical activity does not have to be strenuous to achieve health benefits.

**Starting and maintaining a walking routine may seem daunting. Here are some tips to get up and go:**

- ▶ Check with your doctor. If you have any chronic medical problems, be sure to consult with your physician on the level of exercise that is best for you.
- ▶ Start slowly. Pace yourself according to what your body is telling you – increase your pace if you're breathing too lightly, slow it down if you feel winded.
- ▶ Find a buddy. A friend can encourage you to walk on days when you aren't motivated and can help you continue walking at a good pace.
- ▶ Use a pedometer. A pedometer is a great motivator and will help you keep track of your steps and measure your success.
- ▶ Schedule a time. Put a walk on your calendar to ensure you set aside the time.
- ▶ Turn off the T.V. Trade a half hour of sedentary activity for a brisk stroll around the block.
- ▶ Drink fluids. Keep hydrated, especially on hot days, to avoid heat stroke and heat exhaustion.

The Barnabas Health Home Health Care Agencies offer a wide variety of health care services in the comfortable environment of one's home. For more information, please call 973.243.9666 or visit [homehealthnj.com](http://homehealthnj.com).

The Barnabas Health Hospice and Palliative Care Centers serve infants, children, adults and the elderly while honoring the unique choices and values of patients facing advanced illness. For more information please call, 973.322.4800 or visit [barnabashealthhospice.org](http://barnabashealthhospice.org).

▶ **Saint Barnabas Medical Center – Main Number: 973.322.5000**

Admitting Office .....	973.322.5165
The Cancer Centers .....	973.322.5200
at Saint Barnabas	
Emergency Department .....	973.322.5180
SBMC Foundation .....	973.322.4330
Barnabas Health Heart Center .....	973.322.5244
at Saint Barnabas Medical Center	
The Joint Institute .....	973.322.9908
Department of Medicine .....	973.322.5645
Pediatrics .....	973.322.5690
Pediatric Specialty Center .....	973.322.7600
Saint Barnabas Medical .....	888.724.7123
Center Physician Referral	
Barnabas Health Renal .....	973.322.5938
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Radiation Oncology .....	973.322.5630
Center for Sleep Disorders .....	973.322.9800
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Department of Surgery .....	973.322.5195
Valerie Fund Children's Center for .....	973.322.8200
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Center for Wound and Burn Healing .....	973.322.5600
Women's Health and Education .....	973.322.5360

**Barnabas Health Ambulatory Care Center**

Main Number ..... 973.322.7000

**Barnabas Health Hospice and Palliative Care Center**

Main Number ..... 973.322.4800

**JerseyCare Home Health**

Main Number ..... 973.243.9666

**Medical Center Health Care Services**

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