

BARNABAS TODAY

SAINT BARNABAS MEDICAL CENTER
BARNABAS HEALTH AMBULATORY CARE CENTER



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Dear Friends,


At Saint Barnabas Medical Center and Barnabas Health Ambulatory Care Center, our priority is to care for the community. We are truly grateful to be the healthcare providers of choice for hundreds of thousands of New Jersey residents each year. We take our commitment to patient safety very seriously and are pleased that Saint Barnabas Medical Center recently received the highest score, an 'A', in the first-ever Hospital Safety Score as announced by Leapfrog, an independent, national not-for-profit organization and the nation's leading experts on patient safety. In Essex County, only the three Barnabas Health hospitals received an 'A' in this report. We are proud to be recognized by this prestigious group that evaluates the hospitals based on infections, injuries, and medical and medication errors.

With the warm weather upon us, we have the opportunity to take advantage of all the outdoors has to offer. In this issue, we focus on summer safety tips to keep you and your family members healthy and out of the emergency department. If the heat is too much for you and you are looking for ways to exercise indoors, the newly renovated Center for Health and Wellness offers a medically-based fitness model right in the Barnabas Health Ambulatory Care Center.

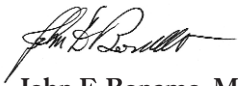
This past spring, we had a very special meeting at the Medical Center. Two couples, who were once strangers, met for the first time after being permanently linked through a kidney transplant. The Renal and Pancreas Transplant Division of Barnabas Health is the third largest kidney transplant program in the United States. Its Living Donor Institute helps make transplant an option for more patients by offering innovative transplant opportunities.

We wish you and your families a healthy and enjoyable summer. If you have questions about any of the articles included in our publication or would like a referral to one of our more than 1,500 physicians, please call the Barnabas HealthLink at 1.888.724.7123.

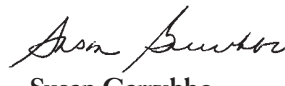
Sincerely,


Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health




John F. Bonamo, MD, MS
President and
Chief Executive Officer
Saint Barnabas Medical Center




Susan Garrubbo
President and
Chief Executive Officer
Barnabas Health
Ambulatory Care Center



Essex County

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



**Newark Beth Israel
Medical Center
and Children's Hospital
of New Jersey**
201 Lyons Avenue
Newark, NJ 07112
973.926.7000



**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





Bariatric Surgery is the most effective treatment for Type 2 Diabetes among obese patients.



BARIATRIC SURGERY TACKLES DIABETES & OBESITY

When he weighed nearly 300 pounds, Joseph Longo's pile of daily medications was almost as high as his blood sugar levels. His weight certainly made it difficult to move about, but the effects of his diabetes were even more worrisome: constant nighttime urination, deteriorating eyesight and the nagging concern that his uncontrolled blood sugar might lead to an early death.

Gastric bypass surgery at Saint Barnabas Medical Center in 2008 rendered Mr. Longo's obesity a thing of the past, but perhaps more remarkable is how much it has whittled down the Belleville resident's drug regimen. "Now I take one pill twice a day and my blood sugar is perfectly controlled," he says. "My surgery was absolutely a dramatic and life-changing experience."

Mr. Longo's story is becoming increasingly common, as recent scientific research demonstrates. Published in *The New England Journal of Medicine*, head-to-head studies comparing bariatric surgery to medical therapy indicate that bariatric surgery is the most effective treatment for type 2 diabetes among obese patients and suggest the surgery be considered sooner and more often for those battling the "twin epidemics" of diabetes and obesity.

The amazing results mimic those seen over the last decade at Saint Barnabas' Bariatric Surgery Center of Excellence Program, though many patients seem unaware that surgery is a strong option for diabetes treatment, explains **Michael Bilof, MD**, Chief of Bariatric Surgery.

"The real holy grail is figuring out why this surgery resolves diabetes," Dr. Bilof says. "We don't have that answer, but the evidence that it does do that is incontrovertible. If I were diabetic, I'd want to know this."

Many patients undergoing bariatric surgery – which restricts the size of the stomach and/or makes it harder for the body to absorb calories – can leave the hospital no longer needing to take insulin for their diabetes, states Jenifer Stein, a registered dietician and a bariatric navigator at the Weight Loss Institute of New Jersey at Saint Barnabas Medical Center.

"Their reaction is just incredulous – when it happens, they're just amazed," Ms. Stein says. "The quality of life is the key component I see here . . . it introduces more activity and enjoyment into their day. I also see more motivation—this is a game changer. It really encourages them that they made a good decision to do this and to stay on course."



Michael Bilof, MD
Chief of Bariatric Surgery
Saint Barnabas Medical Center

For more information call the Weight Loss Institute of New Jersey at **973.322.7433**.

Avoiding Summer Emergencies FOR CHILDREN



For many Americans, summer means fun in the great outdoors. However, summer is also the time of year that unanticipated injuries can occur, resulting in a trip to the local emergency department for many children. Summer is often termed as “trauma season” at emergency departments because it is the time of year when deaths and serious injuries to children increase dramatically.

To avoid having your child become a statistic, enjoy the following summer activities with safety in mind:

▶ **Roller blading and riding scooters:** While many children enjoy roller blades and scooters, serious injury can result from safety lapses. The number one reported reason for trips to the emergency room for either activity is injury to the arms, wrists and hands that occurs when no protective gear is worn.

Chris Freer, DO, Chairman of Emergency Medicine at Saint Barnabas Medical Center, says during the summer the Pediatric Emergency Department sees about six to 10 injuries a day from in-line skating and scooter injuries. “The incidence of severe head injury from scooter and in-line skating can be up 10 fold for those children who do not wear helmets and disregard safety guidelines,” he says.

▶ **Prolonged time in the sun:** Heat emergencies can happen quickly, especially for young children. Fluids are vital during any outside activity, as well as sunscreen and proper covering, such as a hat.

“Keep well-hydrated during outdoor activities,” says John Fontanetta, MD, FACEP, Chairman of the Emergency Department at Clara Maass Medical Center, who is also board-certified in Pulmonary and Critical Care Medicine. “Take frequent breaks and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches and fever.”

- ▶ **Swimming:** Thousands of swimmers flock to the Jersey Shore and to local pools in the summer, and families should be mindful of the danger of drowning for children of all ages and use vigilant supervision. Place barriers around your pool to prevent access, use pool alarms, closely supervise children and be prepared in case of an emergency.

For children in the one- to two-year age range, drowning is the leading cause of injury death. For every 10 children who die by drowning, 140 are treated in emergency rooms, and 36 are admitted for further treatment, and may suffer long-term disability.

- ▶ **Trampolines:** Bouncing is fun, but trampolines are a major cause of summer injuries. Multiple children jumping at one time on a trampoline is dangerous. All children should be supervised; those under age six need extremely close adult supervision. Use a safety net around the trampoline. Falls from a trampoline can end in concussion, serious breaks, or neck injuries.

- ▶ **Lawn mowers:** Mowing the lawn can be dangerous around children. Keep children away during operation of the mower. Even though ride-on mowers seem fun, they are not a kiddie ride. Don't ever let young kids operate them. Mower injuries can lead to loss of limb and serious injury.



EMERGENCY CARE WHEN YOU NEED IT

Livingston, NJ

The Emergency Department at Saint Barnabas Medical Center treats an average of 230 patients a day and nearly 87,000 patients annually, 25,000 of whom are children. The site is staffed by full time board-certified physicians including pediatric emergency medicine specialists and emergency and critical care nurses.

Belleville, NJ

The Emergency Department at Clara Maass Medical Center cares for more than 73,000 patients each year. The Department, ranked by *HealthGrades*TM in the top five percent in the nation for emergency medicine excellence, is staffed 24-hours a day by a dedicated team of nurses, doctors and support staff, ready to provide immediate medical care in your emergency situations. All ED physicians are board certified in Emergency Medicine.

Newark, NJ

The Lester M. Borenstein Department of Emergency Medicine at Newark Beth Israel Medical Center is staffed by full-time emergency physicians and nurses treating approximately 90,000 patients annually. The Department's board-certified emergency physicians and specialized emergency nurses handle all medical, surgical and psychiatric emergencies.

For a referral to a Barnabas Health physician, please call **1.888.724.7123**.

Emergency physicians at Barnabas Health suggest the following steps when taking a child to the Emergency Department:

- ▶ If it is a life and death situation, call 911. If you are driving to the emergency department, remain calm and drive safely.
- ▶ If possible, bring the child's medications, immunization records, medical history records and pediatrician contact phone number.
- ▶ Have a list of any allergies the child may have.
- ▶ Explain to the child what is happening. Be sensitive to the situation and his/her age, but be honest. Keep communicating.
- ▶ Don't let a child eat or drink anything if you are taking them to the emergency department. If they have a condition that requires evaluation or specific treatment, the child may require certain medications or sedatives.
- ▶ Bring a sleep over bag in case the child is admitted.
- ▶ If someone is watching your child, (guardian, babysitter, daycare provider, school nurse) make certain he/she has a consent form in the event of an emergency.



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

Fibroid Center Offers Patients One-Stop Shopping Experience



“None of the research I did on fibroids made sense until I went to the Fibroid Center. They help translate what it all means to you.”

Cassandra Moore

Cassandra Moore learned more than a dozen years ago, after childbirth, that she had uterine fibroids. But Ms. Moore didn't realize the abdominal bloating she experienced a few months ago meant that the once-small growths – the most common benign muscular tumor affecting the female reproductive system – had greatly expanded in number and size.

She feels fortunate that only one visit to the Fibroid Center at Saint Barnabas Medical Center would tell her all she needed to know about her condition and her many treatment options. Unlike most facilities, Saint Barnabas offers a one-stop-shopping approach to fibroid patients by pairing them with Fibroid Center Director **John Kindzierski, MD**, and Radiology Chairman **Alan Garten, MD**, at a one-hour, comprehensive assessment.

“None of the research I did on fibroids made sense until I went to the Fibroid Center,” said Ms. Moore, 46, who recently underwent robotic surgery to remove her uterus. “They help translate what it all means to you. It's not a great situation, but Dr. Kindzierski and Dr. Garten don't make

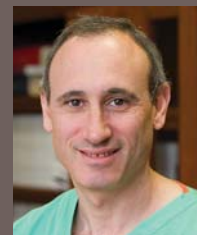
it a grave situation . . . they made me laugh and made me realize it's not the end of the world and that you do have options.”

Depending on factors such as a patient's age, symptoms, childbearing status and number and position of fibroids, nearly a dozen potential treatments are available. Less invasive options include uterine artery embolization, which shrinks fibroids by cutting their blood supply, while minimally invasive surgical treatments include removing the fibroids or uterus using only a few small incisions.

“If we can get away with no invasive procedures at all, that's always the best,” states Dr. Garten, calling the Fibroid Center's approach comprehensive. Adds Dr. Kindzierski: “Patients are given a really extended amount of time to go over their particular situation, time to ask questions and to have those questions answered. They decide what treatment fits best in their life right now.”



John Kindzierski, MD
Director of the Fibroid Center
Saint Barnabas Medical Center



Alan Garten, MD
Chairman of Radiology
Saint Barnabas Medical Center

For more information about the Fibroid Center call at **973.322.5666**.



Pictured are Dr. Michael LaSalle with Eduardo Valdes.

Robotic Surgery Not Just For Prostates Anymore

As a professional opera singer, Eduardo Valdes dislikes anything that gets in the way of performing. That's why robotic surgery was the perfect fit for Mr. Valdes when his cancerous prostate gland was removed at Saint Barnabas Medical Center four years ago, returning him to the stage in three weeks instead of the three months of recovery time typically needed after traditional surgery.

"For me the main thing was that it was an easy, minimally invasive procedure and the doctors really knew what they were doing," says Mr. Valdes, 51, and now healthy. "I only have one little scar."

Once used primarily for prostate surgery, robotic technology has expanded into several other specialties over the past few years, including gynecology, urology, oncology, colorectal and even oral surgery. Saint Barnabas physicians are at the forefront of this expansion, joining forces and sharing knowledge to bring robotic techniques – which minimize cutting, blood loss and pain – to many more patients.

"It's truly a multi-disciplinary approach, unlike at most other hospitals," says urologic surgeon **Michael LaSalle, MD**.

"We're all cross-communicating now, and the goal is to transmit the experience to others so their learning curve is better."

Learning to use the \$2 million equipment – which pairs robotic arms with magnifiers and surgical tools to require only a few tiny incisions – necessitates special training.

A new simulator robot that attaches to the real thing and will help facilitate physician education, states **Thad Denehy, MD**, associate director of our Gynecologic and Pelvic Surgery Center.

"I think the biggest growth of robotics will be in gynecology as more physicians adopt it," says Dr. Denehy, who has performed robotic surgeries for conditions such as uterine fibroids, ovarian cysts and cancer. Robotic surgery is rapidly becoming our initial surgical approach. We're re-thinking a lot of surgeries we never before would have thought were feasible with the robot."

Public interest in the technology has blossomed as more become aware of it. A recent display of the da Vinci Robotic Surgical System at The Mall at Short Hills by Saint Barnabas physicians drew hundreds of bystanders who wanted to try their hand at being a robotic surgeon.

While robotic surgery allows a quicker return to normal daily activities, it's not for every patient, Dr. LaSalle states. However, for the right patients, it shortens hospital stays and can lead to better clinical outcomes. "For those with more difficult post-operative courses, sometimes it's easier to do it robotically than through open surgery because the recovery is much shorter," Dr. LaSalle says. "We believe the future of medicine is going to be robotically assisted medicine. It's an exceptional tool to maximize outcomes."

Surgeons Trained in Robotic Surgery

at Saint Barnabas Medical Center

Gynecological Surgery

Stephen Crane, MD
Thad Denehy, MD
Jennifer A. Graf, DO
Oren Keiser, MD
Anthony Quartell, MD
Labio Riachi, MD
Daniel M. Sansobrinio, MD
Robert R. Taylor, MD

Gynecologic-Oncology Surgery

Thad Denehy, MD
Robert R. Taylor, MD

Pediatric Urologic Surgery

Jeffrey A. Stock, MD

Renal Surgery/Nephrectomy

Stuart Geffner, MD

Urological Surgery

Mutahar Ahmed, MD
Jeffrey R. Blitstein, MD
Joseph V. DiTrollo, MD
Michael P. Esposito, MD
Marc Greenstein, DO
Michael D. LaSalle, MD
Gregory G. Lovallo, MD
Nitin N. Patel, MD
Domenico Savatta, MD
Brent V. Yanke, MD
Kjell Youngren, MD

Colon/Rectal Surgery

Debra R. Tarantino, MD
Robert D. Orringer, MD

For more information or to contact a surgeon, please call **1.888.724.7123** or visit www.barnabashealth.org



Michael LaSalle, MD
Urologist
Saint Barnabas Medical Center



Thad Denehy, MD
Associate Director of
Gynecologic and Pelvic Surgery
Saint Barnabas Medical Center

Awards and Accolades



Top Performer on Key Quality Measures from the Joint Commission.

The Medical Center was one of the 405 hospitals recognized in the United States out of 3,099.

Best Regional Hospitals *U.S. News & World Report* for 2010-2011 for the areas of:

- Cancer
- Diabetes and Endocrinology
- Geriatrics
- Gynecology
- Kidney Disorders
- Neurology and Neurosurgery
- Ear, Nose and Throat
- Urology

Excellence In Quality Improvement Award from New Jersey Hospital Association

Establishing a Family Advisory Council to Improve Patient and Family Experiences in the NICU

Academic Center of Excellence in Women's Health (the first in NJ)

American Heart Association Get With The Guidelines®—Heart Failure

Bronze Quality Achievement Award

Society for Thoracic Surgeons – 3-Star Rating

Top 10% in the Nation

The International Board of Lactation Consultant Examiners (IBLCE) and The International Lactation Consultant Association (ILCA)

Award for Promoting and Supporting Breastfeeding

New Jersey Business and Industry Association

Barnabas Health 2011 Outstanding Employer Award

AARP Best Employers for Workers Over 50

Top Doctors

Over 190 Saint Barnabas Medical Center Physicians Listed as Top Doctors by New Jersey Monthly

#1 for Breast Cancer Care*

#1 for Prostate Cancer Care*

#1 for High Risk Pregnancy*

#2 Overall Hospital in NJ*

**Inside Jersey Magazine April 2012*

The Only Hospital in NJ and NYC to Exceed National Average in Patient Safety.**

*** Consumer Reports Patient Safety Report 2012*

Joint Commission Certifications

Primary Stroke Certified

Heart Failure Certified

Total Hip Replacement Certified

Total Knee Replacement Certified

Acute Coronary Syndrome Certified

Cancer Center Accreditation

The Cancer Center at Saint Barnabas Medical Center was the first oncology practice in New Jersey and one of the first oncology practices in the nation to be recognized by the Quality Oncology Practice Initiative (QOPI®) Certification Program, an affiliate of the American Society of Clinical Oncology (ASCO). The QOPI® Certification Program is a new initiative to certify oncology practices that meet rigorous standards for high-quality cancer care.

The Cancer Center received three-year approval with Commendation from the American College of Surgeons Commission on Cancer.

Awards and Accolades (continued)



Breast Cancer Accreditation

Saint Barnabas Medical Center received a three-year, full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance.

The Stroke Center Accreditation

The Stroke Center at Saint Barnabas Medical Center is a Comprehensive Stroke Center designated by the NJ Department of Health and Senior Services. The Stroke Center is also Joint Commission certified.

Level 4 Epilepsy Centers Designation

Saint Barnabas Medical Center has been designated a Level 4 Epilepsy Center by the National Association of Epilepsy Centers. Level 4 centers are recognized for providing the most complex intensive neurodiagnostic monitoring and treatment.

Children's Services Recognition

Saint Barnabas Medical Center is part of the National Association of Children's Hospitals and Related Institutions.

Weight Loss Surgery Center of Excellence Designation

The Weight Loss Institute of New Jersey is a Center of Excellence in Bariatric Surgery as designated by the American Society for Metabolic and Bariatric Surgery.





July – September 2012

SAINT BARNABAS COMMUNITY CALENDAR EVENTS

Those interested in learning more about the latest programs and services offered by Saint Barnabas Medical Center and Barnabas Health Outpatient Centers can sign up for our free, monthly E-newsletter by visiting tinyurl.com/sbmcnews, emailing santon@barnabashealth.org or calling 973.322.5425.

For a complete list of programs and to register online, please visit: www.barnabashealthcalendar.org/sbmc

PROGRAM LOCATIONS:

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

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

Leon & Toby Cooperman JCC MetroWest
760 Northfield Avenue, West Orange, NJ
(programs are open to the general public)

TEDDY BEAR CLINIC LUAU

Around the World... A Teddy Bear Clinic

July 18; 1:00 to 3:00 pm

Barnabas Health Corporate Office

95 Old Short Hills Road, West Orange, NJ

Children between the ages of 4 and 8 are invited to bring their Teddy Bears or favorite stuffed animals to learn about medical equipment and procedures and become comfortable with a hospital visit. Together, children and their "patients" will visit a series of interactive play stations so that children will have a good time learning that they don't have to fear a trip to the hospital. The Teddy Bear Clinic will follow an open house format. Parents and children can arrive anytime between 1:00 and 2:30 pm to experience the interactive play stations at their leisure. **Free, registration required; 973.322.4305 or www.barnabashealthcalendar.org/sbmc.**



HOW TO MANAGE WEIGHT GAIN AS WE AGE

July 25; 10:00 to 11:00 am

Leon & Toby Cooperman JCC MetroWest

Debra S. Gill, Ph.D., Clinical Psychologist and Director of the Healthy LIFE Weight Management program at Saint Barnabas, will address how to get to a place of greater acceptance regarding the body changes that contribute to fat deposits as one ages. Learn what CAN be done to change a current nutrition and exercise program. **Free, registration required; 973.322.5620 or www.barnabashealthcalendar.org/sbmc.**

MATERNITY ORIENTATION

August 1; 7:30 pm

Islami Auditorium, Saint Barnabas Medical Center

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. **Free; registration not required.**

PERINATAL BEREAVEMENT SUPPORT GROUP

August 1; 7:30 to 9:00 pm

Saint Barnabas Medical Center

The group offers support to help parents come to terms with their grief. Meetings are usually held the first Wednesday of each month. **Free, registration required; 973.322.5745.**

WEIGHT LOSS SURGERY OPTIONS

August 1; 6:00 pm

Barnabas Health Ambulatory Care Center

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. **Free, registration required; 973.322.7433 or www.barnabashealthcalendar.org/sbmc.**

SIBLINGS CLASS

August 5; 9:00 am

Saint Barnabas Medical Center

A class for the whole family 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. **A fee applies. Registration required; 973.322.5360.**



GRANDPARENTING SEMINAR*August 7; 7:30 to 9:30 pm**Saint Barnabas Medical Center*

A seminar which allows grandparents-to-be to discuss their concerns and receive information on the importance of grandparenting, advancements in childbirth, trends and changes in infant care and family communication. **A fee applies. Registration required; 973.322.5360.**

NEW MOMS' CIRCLE*August 7, 14, 21, 28; 10:00 to 11:30 am**Leon & Toby Cooperman JCC MetroWest*

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. **Free, registration required by calling 973.322.5360.**

BREASTFEEDING SUPPORT GROUP*August 7, 14, 21, 28; 11:30 am to 12:30 pm**Leon & Toby Cooperman JCC MetroWest*

A 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. **Free, registration required; 973.322.5360.**

BREASTFEEDING BASICS*August 7 or 21; 7:00 to 9:30 pm**Saint Barnabas Medical Center*

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. Registration required; 973.322.5360.**

CHILDBIRTH PREPARATION CLASS*August 13, 15, 16; 7:15 to 9:30 pm**Saint Barnabas Medical Center*

A 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. Registration required; 973.322.5360.**

PETS AND BABIES CLASS*August 14; 7:30 pm**Saint Barnabas Medical Center*

This informative seminar includes tips on introducing the family pet to the new baby. Ways to reduce pet jealousy, pet proofing the baby's room and disease precautions are also addressed. **A fee applies. Registration required; 973.322.5360.**

RELAXING BIRTH CLASS*August 18; 9:00 to 11:30 am**Saint Barnabas Medical Center*

A 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. Registration required; 973.322.5360.**

MARVELOUS MULTIPLES*August 25; 9:00 am to 3:30 pm**Saint Barnabas Medical Center*

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. **Registration requested; 973.322.5360.**

NEW MOMS' CIRCLE*September 4, 11, 18, 25; 10:00 to 11:30 am**Leon & Toby Cooperman JCC MetroWest*

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. **Free, registration required; 973.322.5360.**

BREASTFEEDING SUPPORT GROUP*September 4, 11, 18, 25; 11:30 am to 12:30 pm**Leon & Toby Cooperman JCC MetroWest*

A 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. **Free, registration required; 973.322.5360.**

BREASTFEEDING BASICS*September 4 or 18; 7:00 to 9:30 pm**Saint Barnabas Medical Center*

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. Registration required; 973.322.5360.**

MATERNITY ORIENTATION*September 5; 7:30 pm**Islami Auditorium, Saint Barnabas Medical Center*

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. **Registration not required.**



SEPTEMBER

PERINATAL BEREAVEMENT SUPPORT GROUP**September 5; 7:30 to 9:00 pm***Saint Barnabas Medical Center*

The group offers support to help parents come to terms with their grief. Meetings are usually held the first Wednesday of each month. **Free, registration required; 973.322.5745.**

WEIGHT LOSS SURGERY OPTIONS**September 5; 6:00 pm***Barnabas Health Ambulatory Care Center*

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. **Free, registration required: 973.322.7433 or www.barnabashealthcalendar.org/sbmc.**

HEALTHY AGING: WHAT IS NORMAL AND WHAT IS NOT?**September 6; 7:00 to 8:00 pm***Leon & Toby Cooperman JCC MetroWest*

Curious if your body is aging normally? Elion Krok, MD, Internal and Metabolic Medicine, will address when medical attention is needed and what is just par for the course. **Free, registration required; 973.322.5620 or www.barnabashealthcalendar.org/sbmc.**

SIBLINGS CLASS**September 9; 9:00 am***Saint Barnabas Medical Center*

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. Registration required; 973.322.5360.**

ARE YOU SHORT OF BREATH?**September 11; 7:00 to 8:00 pm***Leon & Toby Cooperman JCC MetroWest*

If you answered yes to the question above, come hear from Sue Fessler, MD, PhD, FCCP, Adult Pulmonary and Critical Care Medicine, and learn about some possible causes and available treatments. **Free, registration required; 973.322.5620 or www.barnabashealthcalendar.org/sbmc.**

LAMAZE REFRESHER**September 11; 6:45 pm***Saint Barnabas Medical Center*

A review on breathing and relaxation skills for couples who previously attended a prepared childbirth series during a prior pregnancy. **A fee applies. Registration required; 973.322.5360.**

RELAXING BIRTH CLASS**September 11; 7:00 to 9:30 pm***Saint Barnabas Medical Center*

A 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. Registration requested; 973.322.5360.**

TREATMENT OPTIONS FOR PELVIC FLOOR DISORDERS**September 13; 7:00 to 8:00 pm***Leon & Toby Cooperman JCC MetroWest*

Jeffrey Segal, MD, FACOG, Director of the Center for Urogynecology at Saint Barnabas Medical Center, will discuss current treatment options for common pelvic floor disorders, including overactive bladder, painful bladder syndrome, stress urinary incontinence and pelvic organ prolapse. **Free, registration required; 973.322.5620 or www.barnabashealthcalendar.org/sbmc.**

CHILDBIRTH PREPARATION CLASS**September 17, 19, 20; 7:15 to 9:30 p.m.***Saint Barnabas Medical Center*

A 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. Registration required; 973.322.5360.**





LOOK Before You Lock and Keep Children Safe This Summer

The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) has launched a national campaign this summer "*Where's baby? Look before you lock.*" This campaign is designed to prevent child heatstroke deaths in cars. Heatstroke is the leading cause of non-crash, vehicle related deaths for children under the age of 14, with at least 33 fatalities reported in 2011 alone.

NHTSA's "Where's baby? Look before you lock" campaign urges parents and caregivers to take important precautions to prevent inadvertent incidents from occurring:

- ▶ Never leave a child unattended in a vehicle – even if the windows are partially open or the engine is running and the air conditioning is on
- ▶ Make a habit of looking in the vehicle – front and back – before locking the door and walking away
- ▶ Ask the childcare provider to call if the child does not show up for care as expected
- ▶ Do things that serve as a reminder a child is in the vehicle, such as placing a purse or briefcase in the back seat to ensure no child is accidentally left in the vehicle, writing a note or using a stuffed animal placed in the driver's view to indicate a child is in the car seat.
- ▶ Teach children a vehicle is not a play area and store keys out of a child's reach

In addition, NHTSA urges community members who see a child alone in a hot vehicle to immediately call 911 or the local emergency number. If the child is in distress due to heat they should be removed from the vehicle as quickly as possible and rapidly cooled.

GRATEFUL COUPLES

Meet for the First Time After Exchanging Kidneys

Both couples wait anxiously in separate areas in The Living Donor Institute of Saint Barnabas Medical Center's Kidney and Pancreas Transplant Program. Kim Norton, a 47-year-old kidney donor from Cedar Knolls, NJ, says her nerves feel as if she is waiting to go on a job interview. Kidney recipient Derrick Golden of North Plainfield, NJ, also admittedly nervous, makes his way silently down the hall to meet the stranger who gave him a kidney.

As the couples meet for the first time, the nerves are replaced with hugs and introductions. The room is now full of laughter as the two couples exchange stories of what brought them together – stories about their deteriorating health, their transplant surgeries and how great they now feel with their new kidneys.

It has been about four months since both couples underwent kidney transplant at Saint Barnabas in December 2011. Both Sherri Golden and Kim, though willing, were unable to give one of their healthy kidneys to their respective husband because their blood types did not match. As a result, both couples entered Saint Barnabas' Kidney Exchange Program and were matched for transplantation – Kim giving a kidney to Derrick and Sherri to Dan Norton.

As they sit getting to know one another, each couple takes a turn sharing their story. Long-time friends, Sherri and Derrick started dating in 2008. "Derrick told me he was sick and doctors said he would most likely need dialysis and a kidney transplant," explains Sherri, a 35-year-old deputy municipal clerk in South Orange, NJ.



Pictured, from left, at their first meeting at The Living Donor Institute at Saint Barnabas Medical Center are Dan and Kim Norton and Sherri and Derrick Golden.

“The Living Donor Institute is helping make transplant an option for patients by offering innovative options.”

About a year before the transplant and just weeks before their marriage, Derrick, a 42-year-old Newark police officer, began having a hard time walking and Sherri contacted Saint Barnabas to begin testing. “Over the next few months, his kidney function rapidly decreased and only days before Derrick was to begin dialysis, we got the call that we matched with another couple for a transplant,” Mrs. Golden says.

Though diagnosed with Polycystic Kidney Disease in 1993, Dan, a 46-year-old owner of D. Norton Sewer and Drain, didn’t realize that his lack of energy and sore feet were signs that his kidneys were failing. “After suffering for two years with one problem after another, Dan went to the doctor who immediately made an appointment for him to see the kidney transplant team at Saint Barnabas in August 2012,” explains Kim, Dan’s wife of 15 years and a Finance Manager at NJ Media Group. Like Derrick, Dan’s kidney function quickly deteriorated and they were shocked to learn that he would get a new kidney so quickly and avoid going on dialysis.

Both wives spoke about wanting to help their husbands and making the decision to donate their kidneys. “We didn’t want to see our husbands in that type of pain,” Mrs. Golden says. They laughed about how nervous they were about undergoing testing and their amazement at learning that they were perfectly healthy. “It was a true miracle,” Kim adds.

Derrick and Dan both feel better than they have in years. As husbands and fathers, they are grateful for their much improved health which will allow them to enjoy life with their families and continue working. “I got really lucky,” Dan explains. “I feel better than I have in years. I feel like a different person.”

Both couples are so thankful to the staff at Saint Barnabas for all their help and support. “Everything came out perfect,” Sherri said. “I wouldn’t change a thing.”

With the hope that their experience will help others, Sherri and Derrick plan to publically raise awareness about organ donation and the option of living donor kidney transplantation.

About the Renal and Pancreas Transplant Division

By combining advanced technology, resources and research with an exceptional staff and personalized support for patients and families, the world-class Renal and Pancreas Transplant Division of Barnabas Health has become a premier destination for patients. Located at Saint Barnabas Medical Center and Newark Beth Israel Medical Center, the Division is one of the largest kidney transplant programs in the United States, performing 295 kidney transplants in 2011.

Barnabas Health is home to the largest and only Living Donor Institute in New Jersey which performed more than 137 living donor transplants in 2011 with outcomes that exceed the national average. The Living Donor Institute is helping make transplant an option for more patients by offering innovative transplant options including the Program for Incompatible Transplants, the Living Donor Kidney Exchange Program, Altruistic Living Donation and Living- and Emotionally-Related Donor Transplantation.

To learn more, please call **973.322.5938**
or visit transplantkidney.org.



Microsurgical Breast Reconstruction:

A New Alternative for Women With Breast Cancer

In 2007, Debby Alston's life was busy. She was a full-time working mother of an active 3-year-old boy. At the age of 48, her life was full. Taking care of herself was a priority and she made sure not to miss her annual mammogram. When she received a call from her doctor saying they saw something suspicious on her mammogram, her world changed. It turned out to be a calcification that was early stage (*Stage 0*) breast cancer. Being proactive, she immediately had it treated with a lumpectomy and radiation therapy, she thought she had put breast cancer behind her. For the next four years, she continued regular monitoring with mammography and checkups. But in August of 2011, she felt pain in her nipples and, fearing the worst, she went back to her breast surgeon who found Stage 1 breast cancer. At that point, Ms. Alston chose a mastectomy followed by reconstruction at a later date.

Ms. Alston wanted to fully understand her options for breast reconstruction, so she chose to wait to begin that process until after her mastectomy. She investigated the various choices available and decided on a long-lasting solution. During her research, she learned about a new microsurgical procedure called DIEP (*deep inferior epigastric perforator*) flap surgery. DIEP surgery is a delicate, complex microsurgery that uses the woman's lower abdominal skin, fat and blood vessels to create a natural looking and feeling breast. Advancements in microsurgery have made this procedure another option for women. Ms. Alston had difficulty finding a plastic surgeon skilled at this procedure in New Jersey. She wanted to remain close to home and was relieved when she was directed to **Jeremiah Redstone, MD**, a board-certified plastic surgeon with specialized training in microsurgery, who practices at Saint Barnabas Medical Center, as well as in New York City. He is one of a handful of plastic surgeons at Saint Barnabas who are skilled at this microsurgical procedure.

Dr. Redstone met with Ms. Alston and determined she was a candidate for this type of reconstruction. "DIEP flap reconstruction is a great choice for women who want to use their own tissue and avoid the repeat surgeries that are associated with implant reconstruction," says Dr. Redstone. Another benefit of DIEP flap surgery is a quicker recovery compared to other autologous breast reconstruction surgeries, as well as a lower risk of losing abdominal muscle strength since the abdominal muscle remains intact in the DIEP procedure. Ms. Alston's DIEP flap surgery required a three-day hospitalization in a nursing unit with specially trained staff.



The surgery was successful and she is thrilled with the results. "Not only did Dr. Redstone do an amazing job on the reconstruction, my belly is also flatter, a nice benefit of this surgery," she says. "Dr. Redstone was extremely responsive and meticulous. I was back to work within four weeks. The whole experience was wonderful," she continues.

DIEP flap surgery is growing in popularity across the country. Although it takes more time and has different risks than the traditional breast reconstruction flap surgery known as TRAM flap surgery, it does not utilize the abdominal muscles so there is lower risk of hernia and loss of abdominal muscle strength. "DIEP flap reconstruction is the most technically advanced breast reconstruction available and for most candidates, it offers beautiful, long-lasting results," notes Dr. Redstone.

To contact a plastic surgeon at Saint Barnabas Medical Center call, **1.888.724.7123**



Dean R. Cerio, MD
Board-certified Plastic Surgeon
Saint Barnabas Medical Center



Cyrus Loghmanee, MD
Board-certified Plastic Surgeon
Saint Barnabas Medical Center



Jeremiah S. Redstone, MD
Board-certified Plastic Surgeon
Saint Barnabas Medical Center

BUILDING A FOUNDATION

Saint Barnabas Medical Center Gala



1. Medical staff officers, John Russo, MD; Joseph Koziol, MD; Stuart Geffner, MD; Mehrdad Rafizadeh, MD; and Stephen Crane, MD.

2. Rod Stewart tribute performer (*Rick Larrimore*) entertained the crowd.

3. Dr. and Mrs. Stuart Geffner and Dr. and Mrs. John Russo.

4. The 2012 Gala Honored the Saint Barnabas Medical Center and Saint Barnabas Medical Center Foundation Trustees. Pictured are; (*back row*) Richard J. Kogan, Chairman, Saint Barnabas Medical Center Board of Trustees Joseph Mauriello, Robert W. Schuman, MD; (*middle row*) Ronald Chamberlain, MD, John P. Meyerholz, Stuart R. Geffner, MD, President, Saint Barnabas Medical Center Medical Staff; (*front row*) Ronald J. Del Mauro, Former Barnabas Health Chief Executive Officer, Barry H. Ostrowsky, President and Chief Executive Officer, Barnabas Health, Patricia L. McGeehan, Ed. D, Elena Santoro, President, Community Advocates, Kathryn L. Zizza, Kathleen Brand, John F. Bonamo, MD, MS, President and Chief Executive Officer, Saint Barnabas Medical Center.

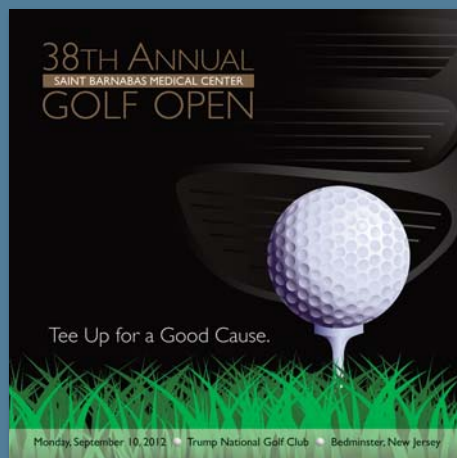


UPCOMING EVENTS FOR SAINT BARNABAS MEDICAL CENTER



Teddy Bear Clinic
JULY 18, 2012

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



For information about sponsorship or partnership in the **38th Annual Golf Open** Please call the Saint Barnabas Medical Center Foundation



A Joint Venture:

Barnabas Health Provides Continuum of Care for Joint Replacement Therapy

Joints may be among the most underrated features of the human anatomy; something we take for granted every day. But in fact, without joints we could not bend, twist, stretch or turn. Joints, which occur wherever two bones meet throughout the body, enable us to move our bones and make the skeleton flexible. Joints are the reason people can walk, play sports, dance, or bend down to pick something up. Without them, movement would be impossible.

Chronic joint pain, primarily as a result of debilitating arthritis (an inflammation of the joints) or sports injury, can impede the ability to move easily and interfere with daily activities such as walking, exercise, leisure, recreation and work. Barnabas Health, through its extensive network of services for joint health, is committed to restoring a higher quality of life for individuals suffering from joint pain. When medication and lifestyle changes are no longer helpful, joint replacement therapy, often using minimally invasive techniques, can provide numerous benefits such as improved movement, joint alignment and pain relief.

Saint Barnabas Medical Center in Livingston, Clara Maass Medical Center in Belleville, Newark Beth Israel Medical Center in Newark, and all Barnabas Health facilities, have streamlined joint therapy replacement to return individuals to their active, independent lifestyles faster and with less pain than ever before. Using a multi-disciplinary approach, from pre-operative through post-operative care, a dedicated team of specialists ensures that every patient experience is outstanding with the goal of successful recovery. It's a joint venture to get people moving again.

▶ Saint Barnabas Medical Center

Saint Barnabas Medical Center's Joint Institute in Livingston, has earned The Joint Commission's Gold Seal of Approval™ for its Orthopedic Joint Replacements by demonstrating its commitment to the highest level of care for patients requiring hip or knee replacement. Gene Shahan, age 75, a former athlete, whose osteoarthritis began to take a toll on his major joints, can attest to the benefits of the newer techniques. Mr. Shahan has had numerous joint replacements over the years, but his recent hip replacement by **Michael Rieber, MD**, Orthopedic Surgeon with the Joint Institute at Saint Barnabas Medical Center, using the minimally invasive technique, was different than just two years ago. Dr. Rieber utilized a new, less invasive approach for the surgery called an anterior hip replacement which requires a small incision and spares cutting into muscle and tendon. "Although not available for every patient, it is a fantastic alternative to the standard approach," says Dr. Rieber. "Mobility is restored more quickly without restrictions and with minimal pain." The Joint Institute facilitates an optimal recovery with the help of a Joint Care Coordinator who monitors each patient from pre-op education through recovery.

▶ Clara Maass Medical Center

The Joint & Spine Institute at Clara Maass Medical Center (CMMC) in Belleville, NJ, utilizes a group support and activities approach to help patients recover in an effective and meaningful way. Patients start by attending a pre-op educational class before the day of surgery where they receive a comprehensive booklet that guides them through what to expect before, during and after surgery. Housed on a dedicated orthopedic unit within the hospital, the Institute

features an activity room, a separate gym for physical therapy and eight private patient rooms equipped with telemetry monitoring. Patients are involved in the treatment process each step of the way following total hip or total knee replacement, which promotes a quick and successful recovery. "Hip or knee replacement is actually a happy occasion because someone is getting better from a condition that has been debilitating and painful for a long time," notes Frank P. Femino, MD, Medical Director of Orthopedics at CMMC. "Today we have such advanced pain management protocols that recovery is very tolerable, often pain-free. Patients progress rapidly through a seamless transition of care, guided by our expert team, enabling easier rehabilitation following surgery."

▶ Newark Beth Israel Medical Center

Father and son team, James M. Lee Sr., MD, and James Lee Jr., MD, head up the Institute for Sports Medicine and Total Joint Reconstruction at Newark Beth Israel Medical Center, part of the Division of Orthopedic Surgery, to offer complete diagnosis and treatment for a range of orthopedic problems and injuries, with enhanced services for sports medicine, sports injury and joint replacement. Dr. Lee Sr. has been a pioneer in the field of orthopedic surgery and was one of the first surgeons in New Jersey to begin practicing arthroscopic surgery (a procedure which uses an instrument to examine the joints). Both physicians perform joint replacement therapy and restoration, providing orthopedic care for adult patients and patients ages 13 and older for sports injuries. The latest in minimally invasive surgical techniques are utilized for faster recovery from both minor joint injuries and major impairments.

▶ Rehabilitation after Surgery

As soon as joint surgery is complete, recovery begins. The day after surgery, patients hang up their hospital gowns and change into rehabilitation attire. Patients benefit from clinically-proven programs designed to get them up and moving as quickly as possible. Comprehensive rehabilitation programs are offered at the Comprehensive Outpatient Rehabilitation Center at Barnabas Health Ambulatory Care Center in Livingston, Clara Maass Medical Center and Newark Beth Israel Medical Center. Teams of physical and occupational therapists incorporate the latest and best scientific techniques, focusing treatment on returning patients to their regular daily activities as quickly as possible after surgery. Patient education and home exercise regimens are emphasized so that patients are active participants in their therapy.

▶ Barnabas Health Home Health Care

Whether you are coming home from the hospital or a rehabilitation facility, the Joint Replacement Home Recovery Program helps patients keep moving after surgery. Home care provides therapy in the comfort of one's own home and starts with an individualized rehabilitation plan, which includes physical and occupational therapies, strength and endurance building, and a personal exercise regimen which highlights stair management techniques and gait training. Therapists visit five times per week immediately following the return home, and decrease in frequency as strength and independence increase.

Are you a Candidate for Joint Replacement Therapy?

The decision to proceed with joint replacement surgery is personal, made in collaboration with your primary care physician and orthopedic surgeon. But Mr. Shahan's advice for anyone considering joint replacement therapy is not to wait too long. "Before my surgery I couldn't sleep because I was in pain and my activity was so limited. Today I have more energy and I have my life back. I highly recommend it!"

For More Information:

The Joint Institute at Saint Barnabas Medical Center
Please call **973.322.9908** or visit
www.barnabashealth.org/sbmc

The Joint & Spine Institute at Clara Maass Medical Center
Please call **973.450.2000** or visit
www.barnabashealth.org/claramaass

Newark Beth Israel Medical Center Institute for Sports Medicine and Total Joint Reconstruction
Please call **973.926.7846** or **973.92.ORTHO** or visit
www.barnabashealth.org/newarkbeth

Comprehensive Outpatient Rehabilitation Center at Barnabas Health Ambulatory Care Center
Please call **973.322.7500** or visit
www.barnabashealth.org/acc

Barnabas Health Home Health Care
Please call **973.243.9666** or visit
www.homehealthnj.com

Quick Facts about Joint Health

- ▶ Arthritis is the nation's leading cause of disability among Americans over age 15
- ▶ An estimated 50 million Americans – one in five adults – suffer from arthritis
- ▶ Over 700,000 people undergo total joint replacement surgery each year
- ▶ Age is generally not an issue if you are in reasonable health and have the desire to live an active life



Michael Rieber, MD
Orthopedic Surgeon
Joint Institute
at Saint Barnabas Medical Center



Adults with Asthma Breathe Easier

New Treatment for Severe Asthma

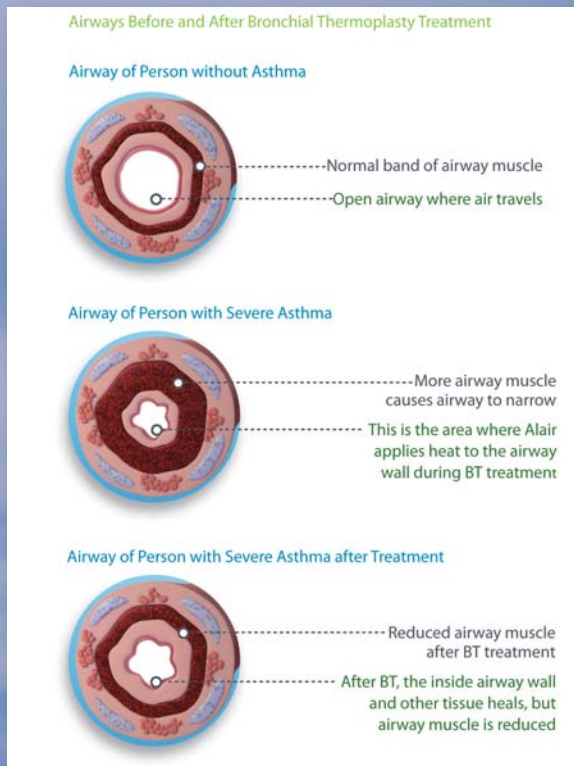
Barnabas Health Lung Center is the first in New Jersey to offer a new FDA-approved treatment for adults with severe and persistent asthma. Known as bronchial thermoplasty, this outpatient treatment reduces the ability of the airway to constrict, thereby reducing the frequency and severity of asthma attacks.

Bronchial thermoplasty is the first FDA-approved non-pharmaceutical asthma treatment. "It results in fewer asthma attacks, fewer visits to the Emergency Department and a reduction in the number of hospitalizations due to asthma," said Sean Studer, MD, MSc, Director of Barnabas Health Lung Center. "Research studies have shown that these respiratory improvements are sustained for at least two years following the treatment."

The procedure delivers precisely controlled thermal energy to the airway wall to reduce excessive smooth muscle in the airway and its ability to constrict. The complete treatment is delivered in three sessions over a period of about nine weeks. "Many patients notice a significant improvement following the first treatment," added Dr. Studer.

Once treatment is complete, patients return to their primary care physician, allergist or their referring pulmonologist for continued care. The procedure is covered by Medicare and Medicaid as well as many private health insurance agencies

For more information about bronchial thermoplasty or to schedule an evaluation, please call the Lung Center at **1.888.NJ.Lung.1.**



Sean Studer, MD, MSc
Director of Barnabas Health Lung Center



Understanding Heat Illness: A Guide for Older Adults



Summer is here! While the season brings with it warm and pleasant weather, it can also introduce high temperatures and humidity that stress the body's ability to cool itself, leading to dangerous and in some cases deadly illnesses.

According to the National Institutes of Health, the majority of heat-related deaths occur in individuals over age 50. As people grow older their bodies are less responsive to long-term heat exposure. Certain long-term illnesses and prescription medications can also make it more difficult for the body to cool itself in extreme temperatures. As a result, older adults can experience the painful and sometimes fatal consequences of heat illness. This is why health care professionals from Barnabas Health's Home Health Care and Hospice and Palliative Care Centers say it is essential that older adults understand heat-related illnesses and their early warning signs.

If you suspect you or someone you know is suffering from any heat related illness, it is essential to seek immediate medical attention.

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 **www.homehealthnj.com**.

The Barnabas Health Hospice and Palliative Care Centers serve infants, children, adolescents, 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 **www.barnabashealthhospice.org**.



THERE ARE THREE MAJOR FORMS OF HEAT ILLNESS: HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE.

▶ Heat Cramps

Heat cramps are muscle spasms which usually affect the arms, legs or stomach. They occur when fluid and salt lost by heavy sweating are not replenished. Although heat cramps can be very painful, they usually do not result in permanent damage. Drinking plenty of fluids can prevent this uncomfortable condition.

▶ Heat Exhaustion

Heat exhaustion is more serious than heat cramps. It occurs when sweating causes the body to lose water and salt (electrolytes), resulting in a reduction of blood volume. The symptoms of heat exhaustion often include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination and appetite, nausea, cool, moist skin and weak and rapid pulse. Victims of heat exhaustion should make an appointment to be examined by a healthcare professional and should avoid strenuous activity for at least one day.

▶ Heat Stroke

The most dangerous heat illness is heat stroke. Sweating is the body's most effective means of heat removal. As heat stroke begins, sweating stops and body temperature can rise to critical levels. Heat stroke is more likely to occur in older adults and can cause death if it is not immediately treated by a health care professional.

The early symptoms of heat stroke may include high body temperature; distinct absence of sweating; hot, red or flushed dry skin; rapid pulse; difficulty breathing; dizziness; headache; nausea; vomiting; and/or high blood pressure. Advanced symptoms may include seizures or convulsions or loss of consciousness.





You've Got Questions, We've Got Answers!

Barnabas Health Institute for Prevention's (IFP) Tobacco Dependence Treatment Program has introduced a new resource to its web site – interviews with its Tobacco Treatment Specialists addressing common questions about quitting smoking.

Visit www.instituteforprevention.com and choose "Tobacco Dependence Treatment Program" on the main page.

We want to hear from you...be sure to email us questions you would like to see featured on the site: theinstitute@barnabashealth.org, or post them on our facebook page at facebook.com/barnabashealthIFP.

If you are ready to quit, or simply thinking about it, IFP will provide you with the support and tools you need to succeed. In addition to coaching from trained Tobacco Treatment Specialists, IFP's tobacco quit program offers a customized quit-smoking plan, ongoing individual, group and/or family counseling, up-to-date information on the latest prescription and over-the-counter smoking medications, effective tools to reduce withdrawal symptoms, and weight and stress management strategies.

For more information, please visit www.instituteforprevention.com or call **973.926.7978** or **732.886.4149**.



Center for Health and Wellness Offers Medically-Based Fitness Model

With all new updated equipment, the Center for Health and Wellness located at the Barnabas Health Ambulatory Care Center provides a medically-based exercise facility designed especially for individuals with specific health concerns. Members receive an initial evaluation by an accredited exercise physiologist. During this evaluation, the patients' medical history is discussed as well as their goals, limitations, and doctor recommendations. Baseline measurements of blood pressure, heart rate, blood oxygen consumption, weight, BMI and body fat percentage are also recorded.

An individual exercise program is designed and implemented in two, one-on-one orientation sessions. During these sessions, the members are shown how to set up the equipment and the proper form of exercises in their program, as well as duration, repetition and frequency of exercise. The staff also offers re-evaluations in which changes to their programs can be made to help achieve other fitness goals they may have. Members are monitored by our staff, providing a safe workout environment for all. Blood pressure, blood oxygen consumption, and heart rate monitoring are provided before and after exercise at their doctor's discretion.

Recommit yourself to wellness this summer and join the Center for Health and Wellness for your journey to a healthier you. To make a consultation appointment, pick up an information packet or view the Center, please call **973.322.7444**.

The Hearing Center at the Ambulatory Care Center

Hearing Loss affects over 20 million Americans. Each day, 33 infants are born in the United States with significant hearing loss, making it the most frequently occurring birth defect. Ninety-five percent of all hearing disorders can be improved with medication, surgery, rehabilitation or the new advances in hearing aid technology. The sense of hearing has profound impact on a child's ability to learn and mature normally. Even a slight hearing loss may affect a child's development. Early identification and intervention are crucial.

Outward signs of hearing impairment:

- ▶ Delayed speech and language skills
- ▶ Difficulty distinguishing between words that sound alike
- ▶ Listening to television at a very loud level
- ▶ Difficulty hearing in noisy environments
- ▶ Speaking unusually loudly or softly
- ▶ Avoiding conversations and social interactions
- ▶ Feeling that others are mumbling when they speak
- ▶ Ringing or buzzing sensations are present in the ear or head

If you suspect that someone you know may have a hearing impairment, an evaluation by an audiologist is recommended. Our audiologists are certified by the American Speech-Language Hearing Association and are fellows of the American Academy of Audiology.

For more information or to schedule an appointment with one of our audiologists, please call **973.322.7100**.



Saint Barnabas Medical Center
Barnabas Health Ambulatory Care Center

94 Old Short Hills Road, Livingston, NJ 07039

SAINT BARNABAS MEDICAL CENTER OUTPATIENT LABS OPEN IN ROSELAND AND WESTFIELD

Saint Barnabas Medical Center celebrated the opening of new outpatient drawing sites in Roseland and Westfield. "We've opened the new blood drawing sites for the convenience of those who access health care services in and around the Roseland and Westfield areas," explained **John F. Bonamo, MD, MS**, President and Chief Executive Officer of Saint Barnabas Medical Center. He added that, "The new sites are designed to provide a continuity of care and availability of medical records for those who are also patients at Saint Barnabas Medical Center in Livingston. "All of the Outpatient drawing stations are staffed by trained phlebotomists, licensed by the New Jersey State Department of Health and Human Services and provide full blood-drawing services and urinalysis. Most insurance plans are accepted and appointments are not necessary. Walk-ins are welcome.

**SAINT BARNABAS MEDICAL CENTER
OUTPATIENT LABORATORIES**

► **Outpatient Laboratory at Roseland**

189 Eagle Rock Ave. Roseland, NJ 07068
Hours of Operation: Monday, Wednesday, Thursday and Friday
6:30 am – 5:00 pm; Tuesday 6:30 am – 7:00 pm.

► **Outpatient Laboratory at Westfield**

560 Springfield Ave., Suite 103, Westfield, NJ 07090
Hours of Operation: Monday through Friday
8:00 am – 4:00 pm.

► **Saint Barnabas Medical Center Outpatient Laboratory**

94 Old Short Hills Road, Livingston, NJ 07039
Hours of Operation: Monday through Thursday 6:00 am – 6:00 pm;
Friday 6:00 am – 4:00 pm; Saturday 6:00 am – 1:00 pm

► **Barnabas Health Ambulatory Care Center
Outpatient Laboratory**

200 South Orange Avenue, Livingston, NJ 07039
Hours of Operation: Monday, Wednesday and
Friday 6:00 am -5:00 pm; Tuesday and Thursday
6:00 am - 6:00 pm; Saturday – 6:00 am - 2:00 pm

Saint Barnabas Directory of Services and Medical Staff is online at
www.barnabashealth.org/hospitals/saint_barnabas/info/directory_services.pdf



► **Saint Barnabas Medical Center – Main Number: 973.322.5000**
94 Old Short Hills Road, Livingston, NJ 07039

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
and Pancreas Transplant Division	
Radiation Oncology	973.322.5630
Center for Sleep Disorders	973.322.9800
Comprehensive	973.322.9742
Stroke Center	
Department of Surgery	973.322.5195

Valerie Fund Children's Center for	973.322.8200
Cancer and Blood Disorders	
Center for Wound and Burn Healing	973.322.5600
Women's Health and Education	973.322.5360

- **Barnabas Health Ambulatory Care Center**
200 South Orange Avenue, Livingston NJ 07039
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**
Main Number 973.243.1001