

healthy

together



**BACK TO
FITNESS:
HOW TO STAY
INJURY-FREE**

**HELLO, BABY!
A NEW SPACE FOR
NEW FAMILIES**

**SIMPLE WAYS
TO LOWER
BLOOD SUGAR**

**CANCER
CARE:
THE HUMAN
TOUCH**

New Ways to Care

At RWJBarnabas Health, in addition to treating medical conditions, we actively engage on a variety of levels to promote the health and well-being of our communities.

That outreach takes many shapes, including healthy living classes, educational programs for seniors, partnerships with local arts organizations, providing healthy food and much more.

Social distancing and other pandemic-related restrictions haven't stopped these efforts, only changed their form. We're providing virtual support for all kinds of needs, including breastfeeding, perinatal mood and anxiety disorders, arthritis, addiction recovery and more. People who want to learn about wellness techniques, such as guided relaxation or chair yoga, can find what they need through our online programs. For a full list, visit www.rwjbh.org/events.

Meanwhile, we are creatively retooling signature events such as runs, walks and galas to include virtual participation. Our annual Running with the Devils 5K will be going virtual as well (learn more at www.rwjbh.org/runningwiththedevils). Our partners are also creating new events, such as the Somerset Patriots, who hosted sold-out drive-in movies at TD Bank Ballpark with proceeds going to the RWJBarnabas Health Emergency Response Fund to help local healthcare workers. To make a donation to the fund, visit www.rwjbh.org/give.

Jersey City Medical Center (JCMC) continues to follow the recommendations of the Centers for Disease Control (CDC) as they relate to social distancing to minimize or avoid the spread of COVID-19. We now offer many of our community outreach and support programs via a virtual environment. As Hudson County's medical provider of choice, JCMC is continuing to engage the community and fulfilling our mission in the areas of health and wellness from the comfort and convenience of your home computer or by using your smartphone. You, and your family and loved ones, can virtually participate in a diabetes support group, a cancer support group, or other self-care activities. Registration is free and you can find more information at www.rwjbh.org/jcmc or by calling our patient navigation program at 201.388.1290.

How we meet the needs of our diverse communities will continue to evolve, but our commitment to providing a broad range of culturally competent care for our communities hasn't changed—and never will.

Yours in good health,

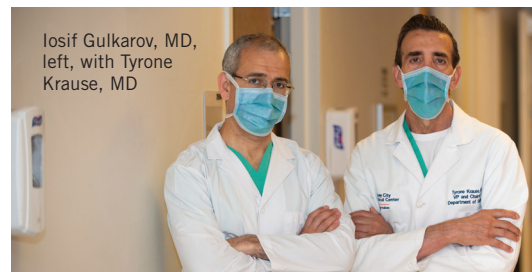
BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



MICHAEL PRILUTSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
JERSEY CITY MEDICAL CENTER



HEALTH NEWS



Iosif Gulkarov, MD,
left, with Tyrone
Krause, MD

JERSEY CITY MEDICAL CENTER EXPANDS CARDIOTHORACIC SURGERY PROGRAM

Jersey City Medical Center (JCMC), Hudson County's only full-service heart hospital, is pleased to announce the expansion of its Cardiothoracic Surgery Program, with the addition of Iosif Gulkarov, MD, a board-certified cardiothoracic surgeon who will serve as the hospital's Associate Chief of Cardiac Surgery. Dr. Gulkarov joins Tyrone Krause, MD, Esq., Chief of Cardiothoracic and Chair of Surgery, who has served in this role at JCMC since 2012.

Dr. Gulkarov performs all types of adult cardiac surgery, with a number of specializations including coronary artery bypass grafting (CABG), atrial fibrillation surgery and transcatheter aortic valve replacements (TAVR). Dr. Gulkarov earned his medical degree at NYU Langone School of Medicine and did his cardiothoracic surgery training at New York-Presbyterian Weill Cornell Medical Center and Memorial Sloan Kettering Cancer Center.

Dr. Krause, who also recently joined as an RWJBarnabas Health medical group provider, graduated in the top 10 percent from New York Medical College and received cardiothoracic surgery training at Cornell New York Hospital. Dr. Krause is board-certified in both general and cardiothoracic surgery, and his clinical interests and expertise include complex coronary bypass, aortic and mitral valve repair and replacement, aortic aneurysms, off-pump bypass and minimally invasive techniques.

To schedule an appointment with one of Hudson County's top cardiac specialists, call 888.724.7123 or visit www.rwjbh.org/heart.

Jersey City Medical Center | **RWJBarnabas HEALTH**

355 Grand St., Jersey City, NJ 07302
201.915.2000 | www.rwjbh.org/jersecity

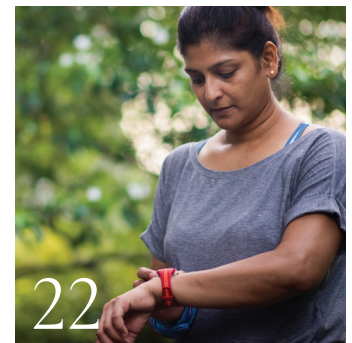
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- @JerseyCityMedicalCenter
- @JCMedCenter
- RWJBarnabas Health

Jersey City Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at www.rwjbh.org/jersecity. Jersey City Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 201.915.2000. Jersey City Medical Center konfòm ak lwa sou dwa sivil federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 201.915.2000.

healthy *together* contents

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*Photo taken pre-pandemic and before mask and social distancing requirements.



GETTING TO KNOW THE NEW BABY

MEET YOUR NEWBORN IN A SPACE THAT'S CUSTOMIZED FOR CONNECTION.



The new wing unveiled: Douglas Sieg (second from left), Managing Partner, Lord Abbett, Michael Prilutsky (third from left), President and CEO, JCMC, with Thomas A. Biga, President, RWJBH Hospital Division, Lance R. Bruck, MD, JCMC executives and board and elected officials. **Note: Group photo taken before social distancing requirements.**

For more information about giving birth at Jersey City Medical Center, visit www.rwjbh.org/maternity.

Meeting your new baby after months of anticipation during pregnancy is, literally, an awesome experience.

"It's such a special time," says Leah Dungee-Maignan, MSN, RNC-NIC, CBN, Nursing Director for Maternal Child Services at Jersey City Medical Center (JCMC). "There's nothing else like it. This is when you meet your baby for the first time. Your baby can smell you. He or she has heard your voice for nine months." The first exchanges of eye contact, sounds and touches with a newborn help to create the foundation for the relationship between parent and child.

The new Lord Abnett Maternity Wing at JCMC has been designed to optimize those first hours and days with the baby—not only for the parents, but for the extended family as well.

"Bonding with a baby is about becoming a family," says Lance R. Bruck, MD, Vice President and Chairman of the Department of Obstetrics, Gynecology and Women's Health at JCMC. "Fathers, siblings and even grandparents should be involved, too. Engaging with baby from the beginning sets the tone for many years to come."

ROOM TO GLOW

In the Lord Abnett Maternity Wing, the post-birth experience includes skin-to-skin contact as soon as possible after delivery. This practice aids bonding, helps with temperature regulation for the baby and promotes breastfeeding.

The 20 private suites in the new wing provide both tranquility and space for families. "If there are a lot of outside noises

and distractions, that's not optimal," Dr. Bruck says. Rooms are appointed with hotel-like accommodations, including a private bathroom and ambient lighting. A smart TV with streaming service is provided, as are USB ports to charge electronic devices.

The rooms are spacious enough to accommodate visitors. Each room has a sofa that easily converts to a sleeping space so that a support person can stay close by.

The newborn remains close, too. The hospital has invested in Halo bassinets, which are designed to allow easy access to the baby as the mother reposes in bed. One side of the bassinet comes down for even easier access, an especially helpful feature for new moms who deliver by cesarean section and may have trouble walking to the baby.

If breastfeeding is the mother's choice, she can take advantage of a lactation room with private stalls for nursing, along with breastfeeding support and instruction if needed.

"What's the best bonding experience? It's whatever you want it to be," says Dungee-Maignan. "We want to make that happen for you. This space gives us the opportunity to provide the highest standard of care, but also provide those extras that say, 'This is your space.'"

SAFETY ALWAYS

The safety and well-being of patients, visitors and staff is the number one priority at JCMC. At this time, one birth partner or support person is allowed to accompany each patient in Labor and Delivery and in the Lord Abnett Maternity Wing (postpartum) for the remainder of the hospitalization. In addition:

- Testing for COVID-19 will be performed on all patients admitted to Labor and Delivery.

- The patient and birth support person are screened and masked at the entry point of the hospital, and will remain in the Labor and Delivery room for the entire stay.

- Staff will conduct temperature checks on birth partners at a minimum of every 12 hours.

Says Dungee-Maignan, "We're here to ensure that you and your baby have a safe, wonderful experience in a warm and nurturing space."



HELP FROM OUR FRIENDS

The Lord Abnett Maternity Wing is the result of a fruitful partnership.

The new 17,500-square-foot wing was made possible by a \$1 million donation by Lord Abnett & Co., an independent, privately held investment management firm headquartered in Jersey City.

"We have a deep, invested relationship with Lord Abnett," says Nicole Kagan, Vice President of the Jersey City Medical Center Foundation, which raises funds for the medical center. "They actively engage us in partnership, and in turn, we educate their employees about skin cancer awareness, emergency preparedness, CPR, breast cancer screenings and more."

The longstanding partnership promotes the best interests of the diverse Jersey City community. "We're a growing, thriving community here in Jersey City," Kagan says. "People are moving here, and quality healthcare is important. High-quality maternal health services are an essential part of that. The Foundation is delighted to work with a company that is interested in and invested in the health of our community, recognizing healthcare as a critical asset."

To learn more about giving opportunities at Jersey City Medical Center, visit www.rwjbh.org/giving.



ONLINE SUPPORT FOR NEW AND EXPECTING MOTHERS

We are pleased to offer our communities safe places for new and expecting moms to connect online.

Virtual Support for Breastfeeding, every Monday from 12 to 1 p.m.: International Board-Certified Lactation Consultants will provide guidance and answer questions about latch issues, breast/nipple pain, milk supply concerns, pumping, supplementation to work and weaning. Register at www.rwjbh.org/breastfeedingsupport.

Virtual Support for Perinatal Mood and Anxiety Disorders, every Wednesday from 11 a.m. to 12 p.m.: One of the most common complications of childbirth is anxiety or feelings of anger or sadness. You are not alone. Join our judgment-free and supportive virtual community, led by a perinatal mood disorder certified specialist. Register at www.rwjbh.org/PMADsupport.




BEATING CANCER TOGETHER

A CANCER PATIENT FINDS HER WAY THROUGH THE MANY ASPECTS OF TREATMENT WITH THE HELP OF AN ONCOLOGY NURSE NAVIGATOR.


Crystal Pettiford thought she knew the ropes when it came to cancer. She'd been diagnosed and treated for uterine cancer in her 20s. Then, decades later, after a bout of fatigue that she couldn't shake, she learned she had colon cancer.

Now 51, Crystal, who was treated in 2018 and 2019 at Jersey City Medical Center (JCMC), is upbeat, with a no-nonsense attitude about all of life's challenges, cancer included. "I'm a person of reality," she says. "I just want to know what's next, because giving up isn't an option for me."

In terms of cancer care, though, the



Oncology nurse navigator Katie Fromm and patient Crystal Pettiford meet in the solarium at JCMC. (Note: This photo was taken before the pandemic and prior to mask and social distancing recommendations.)


RWJBarnabas Health and Jersey City Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

“what’s next” can be daunting, even for someone who has been through it before. As cancer treatment has become more sophisticated, it has also become more fragmented. A patient diagnosed with the disease may have to deal with multiple specialists, medications and treatments, a complex situation made more difficult by the physical, financial and emotional tolls of illness.



STEFAN BALAN, MD

Luckily for Crystal, JCMC and RWJBarnabas Health are home to a robust Oncology Nurse Navigation Program that helps patients make their way through diagnosis and treatment and take advantage of services that can lighten the burdens of cancer. For Crystal, that help came in the person of oncology nurse navigator Katie Fromm, BSN, MSW, OCN.

Crystal says the relationship with Fromm, along with her strong faith, were major contributors to her positive outcome. “Katie contributed to my healing,” she says.

COORDINATED CARE

Crystal had been diagnosed in the Emergency Department at JCMC and quickly scheduled for surgery. Though Fromm usually meets patients at the time of diagnosis, she didn’t meet Crystal until her chemotherapy treatment was about to begin.

At their first meeting, Fromm asked about her patient’s concerns. “That conversation identified some major barriers that Crystal was facing,” says Fromm. “One was that she couldn’t work full-time during her treatment, and another was that she was underinsured. She was getting lots of bills, and that was really increasing her stress.” Fromm connected her patient to resources and options to cover the cost of her treatments at the hospital, and helped her apply for grants to assist with living expenses.

Fromm also served as Crystal’s liaison to the infusion team and medical oncologist who were treating her. She communicated closely with each of them, making sure that Crystal’s side effects were being well managed and overseeing her schedule so that she didn’t miss any of her treatments.

Because Crystal had cancer previously, and because there’s often a genetic component to colon cancer, Fromm referred her to JCMC’s genetic counselor. And because patients undergoing chemotherapy often find eating a challenge, she also referred her to a nutritionist at the hospital.

“When oncology nurse navigators aren’t available, there is a potential for patients to have disjointed care and delays as well as interruptions in their treatment,” Fromm says. “There are also many patients who are diagnosed while admitted to the hospital

and there is increased possibility that they could be lost to appropriate follow-up and care. The oncology nurse navigator plays a big role on the healthcare team to ensure that patients get linked in with timely and appropriate cancer care.”

“Together with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—our Oncology Nurse Navigation Program is just one component of our cancer program that distinguishes us and the exceptional level of care we provide patients,” says Stefan Balan, MD, Director of Oncology Services at JCMC and a member of RWJBarnabas Health medical group.

POSITIVE THINKING

One of Fromm’s most important referrals had nothing to do with Crystal’s physical well-being but everything to do with her recovery: Fromm invited Crystal to join a cancer support group she was facilitating at JCMC.

Crystal shared her own cancer experiences to the group. Afterward, another patient told her she hadn’t really wanted to participate but, after hearing Crystal’s story, was glad she had. Buoying up others, Crystal says, “was actually my goal. People hear the word ‘cancer’ and they think it’s a death sentence, but it’s not always that way.”

Being in the group, she notes, gave her usual optimism a boost. “I really believe that when you have positive thinking and positive feelings, your outcome is more likely to be good than bad,” she says.

Fromm, a trained social worker who decided to get her nursing degree, is well aware of the power of positivity. “Crystal has been through a lot, and she has such a wonderful outlook, so I was really inspired and energized by her,” she says.

“Katie is friendly, she’s outgoing, she has a lot of information—and if she doesn’t know something, she’ll research it for you,” Crystal says. “She’d call just to see how I was. The fact that she took her personal time to do that—that was the best.”

Fromm relishes her job because it makes a difference in patients’ lives. “A cancer diagnosis can be confusing and frightening to patients and their loved ones,” she says. “Being an oncology navigator is an incredibly rewarding role that enables me to help people through one of the most challenging and trying times in their life.”

Welcome your new arrival with all the comforts of home.



Our Lord Abbett Maternity Wing offers safety, comfort and privacy.

Bringing a new baby into the world is one of life's most powerful experiences. It should also be a personal one, which is why our state-of-the-art maternity wing features 20 additional new private rooms for mother and baby. With hotel-like furnishings, scenic views, and private showers, these tranquil spaces offer new mothers a place to heal after giving birth and to bond with their newborn and family. Learn more at [rwjbh.org/maternity](https://www.rwjbh.org/maternity)

**Jersey City
Medical Center**

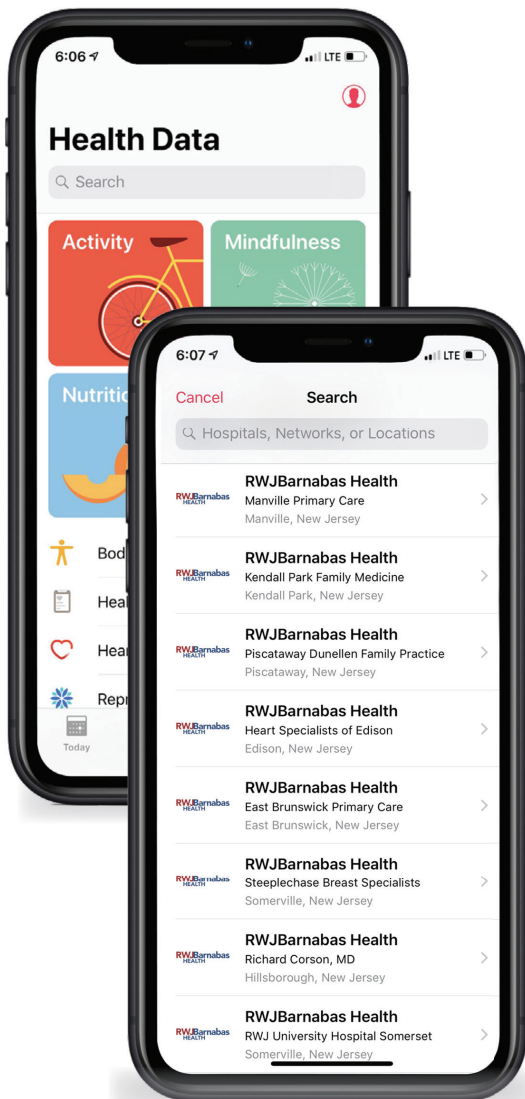
**RWJBarnabas
HEALTH**

Let's be healthy together.

We've taken every precaution, including COVID-19 screenings, temperature checks and mandatory masks, to ensure the safest environment for your baby's birth.

YOUR HEALTH, AT YOUR FINGERTIPS

Now you can manage your healthcare right from the Apple Health app on your iPhone. You can easily keep track of allergies, conditions, immunizations, vitals and more, and consolidate your health records in a timeline—all in one place. Here's how:



1

If you don't have one yet, create a username and password for the RWJBarnabas Health Patient Portal (www.rwjbh.org/patientportalenroll).



2

Download the Apple Health app from the Apple Store. (You'll need an iPhone running iOS 11.3 or later.)



3

Be sure your iPhone is password-protected, ideally with two-factor authentication.



4

Go to the Health Records section of the Health app, search for RWJBarnabas Health, and log in.



5

After you log in once, your health records will start to appear in the Health app, and will update automatically.

Download the Apple Health app at the Apple Store and access your RWJBarnabas Health medical records at www.rwjbh.org/patientportalenroll.





*
RWJBarnabas Health, together with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provides close-to-home access to the latest treatment options. For more information, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

patient’s home,” Silva says.

Communicate constantly. This is essential in two ways. First, the nurse navigator is the central clearinghouse for information provided from the many specialists on a cancer patient’s care team—medical oncologists, radiation oncologists, surgical oncologists, social workers, nutritionists and more. The navigator can ensure that no aspects of treatment fall through the cracks and that the patient receives the highest quality of care.

Second, the navigator can follow up to be sure a patient understands what’s happening.

“Doctors do a great job of explaining, but often you can see the patient’s mind drift off as the person starts to worry about things like, ‘Who’s going to pick my kids up from school?’” Silva explains. “A navigator can talk to the patient later about what he or she understood and relay the necessary information over again in smaller bits so it’s easier to process.”

Set priorities. “Sometimes what feels urgent to a patient is not clinically urgent, but our nurse navigators have the ability to know what is truly time-sensitive,” Silva explains. “For example, recently a young man needed to see a specialist as soon as possible. Based on the navigator’s intervention, he was able to get in to see the doctor in one day.”

Save time. Often, a patient needs several medical procedures—for example, an echocardiogram and a port insertion before chemotherapy treatment can begin. A nurse navigator can arrange for multiple appointments to be scheduled at the same facility on the same day. “A navigator is key to making sure all the pieces fit together and to minimizing the time a patient needs to spend at a facility,” Silva says.

“An oncology nurse navigator is a critical part of a patient’s cancer care team,” she continues. “He or she is the kind of person who can anticipate what’s needed and make it happen—and who has a relentless desire to help patients.”

CANCER CARE: THE HUMAN TOUCH

HOW ONCOLOGY NURSE NAVIGATORS HELP PATIENTS

Patients who seek care through the RWJBarnabas Health (RWJBH) Oncology Access Center have a big advantage: They get connected to an oncology nurse navigator who acts as their problem-solver and supporter before, during and after treatment. The oncology nurse navigator becomes an important member of the patient’s healthcare team and serves as his or her advocate while compassionately supporting their physical, emotional and spiritual needs from diagnosis through survivorship.

“When you choose RWJBarnabas Health for your cancer care, you’re not only getting quality care, but someone to walk beside you on your treatment journey,” explains Jeanne Silva, RN, Director, Nurse Navigation, Oncology Services at RWJBH. “Moreover, we coordinate all of our resources, so that if a patient has a problem—be it financial,

social or medical—the navigator can help the patient get the benefit of resources from throughout the health system.”

When a patient makes an appointment with an RWJBH cancer provider, the oncology nurse navigator will follow up with the patient the next day. “The navigator asks if there are any questions about the upcoming appointment and goes through some of the specifics of what will happen,” Silva says.

That’s just the beginning. Oncology nurse navigators, who are located at each RWJBH facility, also do the following:

Identify possible barriers to treatment.

Does the patient have financial or insurance concerns? Does the patient have family or friends who can provide support? Is there a transportation issue? The nurse navigator can identify and help with these problems right away. “In one case, we

were able to get a patient to see a specialist located 70 miles away from the



To contact the Oncology Access Center, call **844.CANCERNJ (844.226.2376)**.



Sam Jarmer made remarkable progress at Children's Specialized Hospital and continues doing well with outpatient therapy.

'THE SKY'S THE LIMIT'



Children's Specialized Hospital®

An RWJBarnabas Health facility

AFTER A TRAUMATIC NECK INJURY, INTENSE PHYSICAL THERAPY HELPS A TEENAGER MOVE AGAIN.

July 24, 2019: a grayish, unremarkable day on the beach at Ocean Grove. Lifeguard Sam Jarmer, 16, dives into the water to cool down, but hits a hidden sandbar.

Soon after, Sam's mom, Jessica, sitting on the beach several blocks away, sees a call from Sam's boss come in on her phone. "I immediately knew not only that he was injured; I could feel that it was bad," she remembers.

When he hit the sandbar, Sam suffered a burst fracture in the C6 vertebra near the base of the neck and lost the ability to move his arms and legs. A fellow lifeguard jumped in to lift his head above the water, and a trauma team was dispatched from a nearby hospital. Sam was strapped to a backboard, and six of his fellow lifeguards carried him to a waiting ambulance.

"He kept saying, 'I'm so sorry, Mom,' because we were supposed to go on vacation the next day," Jessica remembers.

Sam was in surgery for six hours while the burst vertebra was replaced with a titanium cage. He spent the next five days

recovering at the hospital. At that point, he could occasionally raise his arms a bit, but nothing more.

It was time for intensive inpatient rehabilitation and therapy at Children's Specialized Hospital (CSH) in New Brunswick. "I remember feeling that this would be the place that would make it all better," Jessica says.

MAKING PROGRESS

The first piece of good news came from Michele Fantasia, MD, Director of the Spinal Cord Injury Program at CSH. Her evaluation determined that Sam's injury was "incomplete," meaning that Sam still had some motor and sensory function below the level of injury. "As I say with all incomplete injuries, 'The sky's the limit,'" Dr. Fantasia told Jessica.

Four months of recreational, physical and occupational therapies followed. "The occupational therapists made modifications

for everything," Jessica remembers. "They kept constructing things in some kind of magical workshop they had." There was a special fork to help Sam relearn how to feed himself, a device to help him brush his teeth and more.

"Everyone at Children's really helped me when I was at one of the lowest points in my life with my injury," says Sam. "They just showed compassion in all of the support and love that they gave me." On November 19, Sam was discharged from CSH.

Today, Sam continues with a rigorous program of outpatient physical therapy. During the COVID-19 lockdown, he did his exercises via telemedicine for a few weeks. His older brother, home from college, was there to help.

Sam continues to work on his core muscles, arms and fingers. He now has muscle control in all parts of his legs and continues to work on walking independently. "I'm staying positive," he says. "I know it will take time and I'll be back to where I was, but for now I've just got to keep pushing forward."

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

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



[ANYTOWN] A musical with a mission: “Anytown,” an original educational musical, tells the story of Hope, a high-achieving high school student who becomes addicted to opioids after a soccer injury. The show has toured middle and high schools in New Jersey and was developed through a partnership with George Street Playhouse in New Brunswick, RWJBH and the Horizon Foundation of New Jersey.



[BEAT BUS] They've got the beat: Students in Long Branch, Asbury Park and Neptune have experienced a state-of-the-art mobile recording studio to create their own music thanks to the Beat Bus, a collaboration between Lakehouse Music Academy and the Asbury Park Music Foundation that is supported in part by RWJBH. In addition to providing a means of creative expression and new ways to collaborate, the Beat Bus helps prepare students for success in the digital age.



[ASBURY PARK MUSIC + FILM FESTIVAL]

Making (sound) waves: The Asbury Park Music + Film Festival, of which RWJBH is a Founding Partner, celebrates the role of music in film, as well as the shore town's long history as an incubator of great music. It benefits underserved children in Asbury Park and surrounding areas by providing music education, instruments and social connection opportunities.

Note: All photos on these pages were taken before the COVID-19 pandemic and social distancing guidelines.



SUPPORTING ARTS FOR THE HEALTH OF IT

PARTNERSHIPS WITH LOCAL ARTS GROUPS HELP PROMOTE THE WELL-BEING OF COMMUNITIES.

Research has shown that the arts stimulate creativity, ease stress, promote joy, improve memory and enhance education. That's why RWJBarnabas Health (RWJBH), with its strong commitment to creating and sustaining healthy communities, partners with local arts organizations.

"We understand the clear and beneficial impact that taking part in the arts has on health and well-being," says Michael Knecht, Senior Vice President of Strategic Marketing and Communications for RWJBH. "These partnerships are an important way for us to help people in our communities and also support local grassroots organizations."

RWJBH supports a broad range of arts events. Music, dance and film are high on the list: RWJBH has sponsored the Asbury Park Music + Film Festival; the Bridge Arts Festival

in Bayonne; the Montclair Jazz Festival; the Central Jersey Jazz Festival; Maplewoodstock Music & Art Festival; the "Sounds of the City" free outdoor concerts presented by the New Jersey Performing Arts Center in Newark; and the SOMA Film Festival in South Orange and Maplewood.

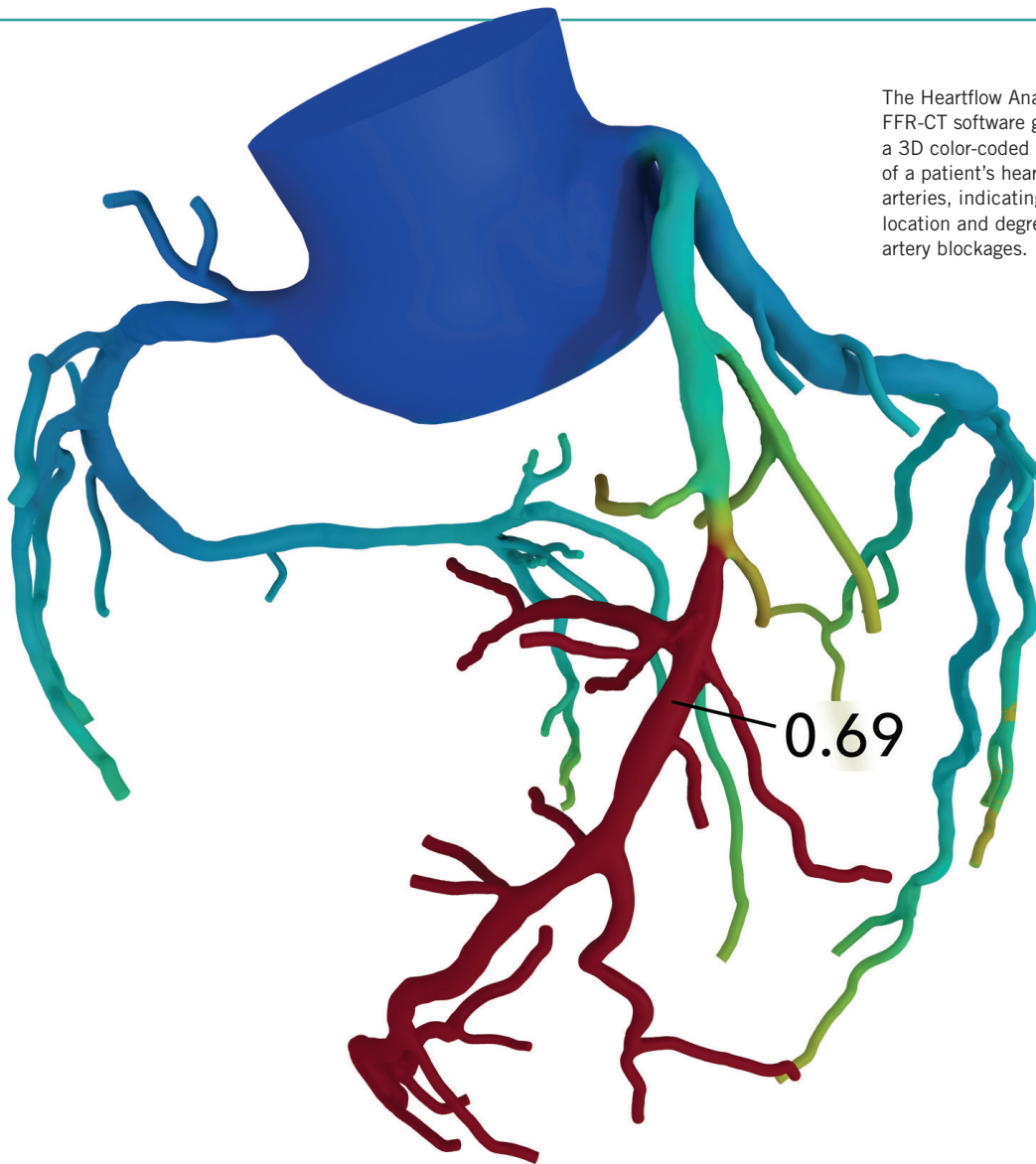
Drama has a place as well. RWJBH is a sponsor of the New Jersey Repertory Company, a professional nonprofit theater in Long Branch with a mission to develop and present new plays. And in a proactive move to help stem the opioid epidemic among young people, RWJBH has partnered with the George Street Playhouse in New

Brunswick and the Horizon Foundation of New Jersey to create "Anytown," a one-hour musical that demonstrates how addiction can happen to anyone. The show has toured to schools throughout the state, followed by Q&A discussions with students.

"These partnerships are all part of the RWJBarnabas Health commitment to reaching out beyond the walls of our medical centers to help people get and stay healthy in all kinds of ways," says Knecht. "And they're wonderful examples of how meaningful collaboration with local organizations can make an impact throughout the state."

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





The Heartflow Analysis FFR-CT software generates a 3D color-coded image of a patient's heart and arteries, indicating the location and degree of artery blockages.

A HIGH-TECH LOOK AT THE HEART

DOCTORS CAN NOW USE ARTIFICIAL INTELLIGENCE FOR A NONINVASIVE,
HIGHLY ACCURATE TEST FOR CORONARY ARTERY DISEASE.

“After the test, they told me I was a walking time bomb,” says Ray Duarte, 50.

As the Regional Director of Information Technology at Monmouth Medical Center Southern Campus and at Monmouth Medical Center, Ray had volunteered to be among the first for an advanced noninvasive technology known as Fractional Flow Reserve Computed Tomography (FFR-CT). This test evaluates how well blood flows through a patient’s heart arteries and determines whether—and where—blockages exist.

“I had upper back pain on and off, for which I was seeing a chiropractor with no relief,” says Ray. “I did have high cholesterol, which I was addressing with improved diet and exercise, and a family history of heart disease.

“However, due to my active lifestyle and symptoms that were not typical for heart disease, my primary care doctor told me he would never have recommended so much as a stress test for me,” Ray recalls.

But the FFR-CT test showed that Ray’s right coronary artery was 99 percent blocked. Without the test and subsequent treatment, such a blockage could have led to a heart attack at any time.

FINDING THE BLOCKAGES

The powerful, artificial intelligence-based FFR-CT test is used to diagnose coronary artery disease (CAD)—blockages in the blood vessels supplying the heart. CAD is a leading cause of death in the U.S., accounting for 600,000 to 700,000 deaths per year. It can cause shortness of breath, chest pain (typical and atypical) and heart attack, and can lead to death.



RAJESH MOHAN, MD

When a patient has chest pain or suspicious symptoms, the usual

noninvasive ways of detecting inadequate blood flow include an **electrocardiogram (ECG)**, which uses electrical signals; a **stress test**, in which blood flow is tested while a patient exercises, via ECG or an **echocardiogram (ECHO)**, which uses ultrasound waves; or a **nuclear stress test**, which uses radioactive dye and an imaging machine. In addition, a **computed tomography (CT) scan** can show calcium deposits that could narrow arteries.

Prior to FFR-CT technology, however, the only way physicians could see for certain whether coronary arteries were blocked was to do an invasive procedure, known as **cardiac catheterization and angiogram**. In this procedure, a special dye is injected through a long, thin, flexible tube (catheter) that is threaded through an artery in the leg up to the arteries of the heart.

If a blockage is found, the cardiologist can decide whether to correct it during the angiogram—for example, by inserting a small tube (stent) to keep the artery open—or to send the patient for bypass surgery.

ARTIFICIAL INTELLIGENCE

While a crucial and sometimes lifesaving technology, an angiogram often shows no significant blockages, according to Rajesh Mohan, MD, MBA, FACC, FSCAI, an interventional cardiologist and Chief Medical Officer at Monmouth Medical Center Southern Campus (MMCSC).

That’s where noninvasive FFR-CT comes in. Using “machine learning,” an application of artificial intelligence, the software compares images from existing CT scans of a patient’s heart to an ever-growing database of tens of thousands of other CT images. This large database helps physicians analyze the likelihood that any specific blockage could cause harm and also provides direction about treatment.

“The FFR-CT technology creates a three-dimensional image of blood vessels and color-codes them based on

the severity of the blockage,” says Dr. Mohan. “It then also shows how each blockage impacts blood flow to the heart.” Armed with this knowledge, a physician can decide whether lifestyle changes, medication, a stent or surgery is the best course of action.

“With this information, we can give our patients a more definite diagnosis and have confidence in the best treatment plan without putting them through unnecessary invasive procedures,” says Dr. Mohan. “Its accuracy is unlike that of any other noninvasive tests available to us.”

IS FFR-CT FOR YOU?

Since CAD is a common type of heart disease, many patients can benefit from this advanced technology.

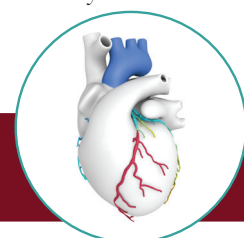
However, FFR-CT is not available everywhere. Specialists at MMCSC are among the first in the state to use it, and MMCSC is the earliest hospital in the state to utilize it in the Emergency Department and throughout the hospital, as well as for outpatients.

“The test needs to be done appropriately, according to criteria set by the American College of Cardiology,” says Dr. Mohan. “Patients need to have symptoms—for example, chest pain or shortness of breath on exertion, which a lot of people actually disregard.

“If these exist in association with some of the coronary risk factors like smoking, hypertension, diabetes, high cholesterol and family history, then I think that patient is an ideal candidate for this study.”

As for Ray Duarte, a stent procedure opened his blocked artery, his back pain has resolved and medication is controlling his cholesterol. He is back to an active lifestyle.

Says Dr. Mohan, “We at Monmouth Medical Center Southern Campus are excited and privileged to introduce such a cutting-edge, revolutionary technology.”



Your heart doesn’t beat just for you. Get it checked. To learn more about FFR-CT or to find a cardiac specialist, call **888.724.7123** or visit **www.rwjbh.org/heart**.



MIND, BODY AND HEALTH

WHY CARING FOR THE WHOLE PERSON IS THE FUTURE OF HEALTHCARE

At his yearly physical, a patient is found to be 35 pounds over ideal body weight. He has hypertension, and his lab results indicate prediabetes. His doctor urges him to change his diet, be more active and lose the extra weight to reduce his risk for stroke, heart disease and diabetes.



FRANK A. GHINASSI, PhD

The patient acknowledges that he should. But at his next yearly physical, he's still 35 pounds overweight.

In that all-too-common scenario lies the possibility for a new approach to healthcare,

one that simultaneously provides help for behavioral as well as physical issues. "The goal is to help people make better choices—about things like what they eat, how they exercise and about alcohol and nicotine—and thereby avoid many chronic health disorders," says Frank A. Ghinassi, PhD, ABBP, Senior Vice President, Behavioral Health and Addiction at RWJBarnabas Health (RWJBH), and President and CEO of Rutgers University Behavioral Health Care.

"Through integrated care delivery, we want to treat both body and mind, preferably in the same location and during the same healthcare visit," he says.

In the case of the overweight patient, for example, the primary care provider will look to determine the cause of the

patient's inability to lose weight. "Is the issue genetic? Does the patient have a low metabolism?" asks Dr. Ghinassi. "Or is there a mood disorder that's affecting energy level and motivation?"

Once barriers to a healthier lifestyle are identified, doctors and behavioral health specialists can work together to develop solutions tailored to the patient's specific needs.

AN INTEGRATED APPROACH

"Often, people with behavioral and addiction disorders are treated 'from the neck up' and are referred to dedicated behavioral health offices," says Dr. Ghinassi.

But that approach can create roadblocks. "Maybe the patient can't get an appointment for three weeks, or he doesn't like the idea of walking into a building that says 'counseling services' or 'psychiatry' on the sign," he explains.

To provide coordinated care, RWJBH and Rutgers University Behavioral Health Care are bringing services closer together. "At many of our primary care and pediatric delivery sites, primary care physicians work with psychologists or social workers who are located in the same office suite or in the same building," says Dr. Ghinassi. "A patient can be offered a chance to meet the physician's behavioral health colleague even before leaving the initial appointment, find out what might be possible and perhaps find it easier to commit to following up with a subsequent call or visit." The next evolution of care at RWJBH and Rutgers University Behavioral Health Care will be to have a clinical social worker or psychologist located right in the same office space as the primary care provider.

Integrated healthcare is the future, Dr. Ghinassi believes. "People tend to come to a healthcare system when they're in crisis—they need coronary artery surgery, for example, or their depression makes them unable to function in daily life. Of course, we'll always be there for those people," he says.

"However, we're evolving to an equal focus on early screening and intervention. Together, RWJBarnabas Health and Rutgers University Behavioral Health Care are on a mission to improve the health and life satisfaction of patients and families throughout New Jersey."

For help accessing mental health services, call the RWJBarnabas Health Access Center at **800.300.0628**.





SUN-SENSITIZING DRUGS

A wide range of drugs can cause sun sensitivity, including some medications in the categories below. Ask your pharmacist about any concerns you have about a medication.

- Antibiotics
- Allergy medications (oral antihistamines)
- Antidepressants
- Cholesterol-lowering drugs
- Diuretics
- Oral contraceptives
- Non-steroidal inflammatory drugs, such as ibuprofen and naproxen
- Retinoids



MEDICATIONS AND THE SUN: WHAT YOU NEED TO KNOW



MEDICATION SUPPORT FOR THE UNINSURED

Barnabas Health Retail Pharmacy at Jersey City Medical Center participates in the nationwide Dispensary of Hope program to distribute certain generic medications, free of cost, to low-income and uninsured people who need them. “In this program, pharmaceutical manufacturers donate generic medications, and they are sent to pharmacies across the nation,” explains Joe Voelkel, RPH, Assistant Vice President, Barnabas Health Retail Pharmacies. “At RWJBarnabas Health, we’re proud to participate in this program, and give vulnerable community members the access to medications they need, without charge for our services.”

Currently, only oral medications are available, but the program is seeking to expand into other medications, including injectables. To be eligible, patients must be uninsured and have an income that is at or less than 200 percent of the Federal Poverty Level.

To learn more, visit www.dispensaryofhope.org or call your local Barnabas Health Retail Pharmacy.

YOUR PRESCRIPTION MAY MAKE YOU MORE PRONE TO SUNBURN AND OTHER EFFECTS.

Basking in sunshine is good for the soul—but not always for the skin, particularly if you’re taking medication.

That’s because many drugs, including common over-the-counter ones, can intensify the effect of sun on skin by causing a reaction to UV (ultraviolet) light. The risks: sunburn, rashes or even blistering, and aggravation of existing skin conditions, such as eczema.

“In the case of a medication that causes sun sensitivity, you should see a sticker on the bottle or package notifying you that taking this might increase your risk,” says Lucio Volino, PharmD, clinical pharmacist with RWJBarnabas Health and Clinical Associate Professor at Rutgers University.

That sticker, or a similar warning on a package insert, means you need to be

especially vigilant about applying and reapplying sunscreen, whether you’re going to spend a day in the sun at a family barbecue or are heading out to do a little yard work. The time it takes for your skin to get sunburned will be greatly reduced, so use a product with SPF (sun protection factor) and reapply it according to the instructions on the label. (The lower the SPF number, the shorter the length of its protective benefits.)

In addition, wear sunglasses and protective clothing, and try to avoid the sun between the peak hours of 10 a.m. and 4 p.m. “People should also be conscious of staying well hydrated in the heat,” Volino says. Although the sun’s rays are less intense in the fall and winter seasons, these precautions should be followed year-round, he says. They also apply to all skin tones.

The Barnabas Health Retail Pharmacy at Jersey City Medical Center is located at 355 Grand Street in Jersey City. For more information, call **201.915.2166**.





FROM 'HEALTHY' TO HEART SURGERY

CARDIOLOGISTS CATCH A CONDITION THAT COULD HAVE BEEN FATAL TO A LOCAL MAN.

Michael Hulings' thoughts were swirling and it was hard to take in what he was hearing: He appeared to have a serious heart condition that might warrant a surgical procedure. "I was thinking, 'Whoa, let me see what's going on here,'" the lieutenant with the Jersey City Police Department says. "I wanted to pump the brakes a bit."

Michael had reason to be taken aback. He was only 46, felt fine, had no pain or other heart-related symptoms and didn't have high cholesterol. "I had been a little tired, but attributed that to life," he says.

At 5'11" and about 200 pounds, he'd known he was a tad overweight and had

wanted to get back into shape. "I figured I should get a full physical because I hadn't been checked out in a while," he says. "That started the ball rolling."

Just before Thanksgiving in 2018, Michael went for a test of his heart function with a treadmill stress test. Doctors were concerned about an electrical abnormality, so Michael was sent for a nuclear stress test, which uses



PRAGNESH GADHVI, MD

a radioactive dye to track blood flow. "That test showed that when I was at rest, everything looked okay," he says, "but when I was exerting myself, one area at the bottom of my heart wasn't getting enough blood."

That's when the talk about a cardiac procedure began. "I wanted another opinion," Michael says. Not quite sure where to turn, he contacted Jersey City Medical Center.

A SURPRISING FINDING

"I've screened a lot of high-stress police and first responders," says Pragnesh Gadhvi, MD, an interventional cardiologist with JCMC

and a member of RWJBarnabas Health medical group, with his practice newly located at 519 Broadway and 24th Street in Bayonne. “Time and again, they appear asymptomatic at the outset, but then we physically challenge them, dig deep for risk factors and find them at risk of potentially life-threatening heart disease.”

Dr. Gadhvi called Michael even before their first appointment to ask questions about his family history and discuss what might be in store. “The personal way he handled everything really meant a lot,” Michael says.

After an initial consultation, Michael had a cardiac catheterization, a diagnostic imaging procedure in which a catheter inserted into a blood vessel measures blood supply to the heart. It showed that his left anterior descending artery—the location of so-called “widowmaker” heart attacks—was 100 percent blocked. He had accelerated atherosclerosis, an inflammatory process in which blood vessels form blockages even when cholesterol is low.

Other blood vessels were, in effect, taking up the slack to keep the heart working. When Michael was active, his heart had more trouble keeping up. “I believe he was at risk of sudden cardiac death,” Dr. Gadhvi says.

Dr. Gadhvi and JCMC cardiothoracic surgeon Tyrone Krause, MD, reviewed Michael’s options. They could do another catheterization and install a stent, or they could perform open-heart coronary artery bypass graft surgery to reroute blood flow



Opposite page, Jersey City resident Michael Hulings is grateful to be around for his 1-year-old twins Austin and Harper. Above, Michael and his wife, Gina, with the twins and older daughter Kayleigh on the waterfront near the family’s home.

in the heart.

“They laid everything out and gave me the pros and cons, but the decision was mine,” Michael says. “I appreciated that. But I wanted to do whatever was needed to really fix the problem.”

At that moment, Michael accepted that he needed major surgery. “To hear that at my age was kind of shocking,” he says. “But I was like, ‘This is for real.’”

TIMELY INTERVENTION

Doctors don’t fully understand why some people develop accelerated atherosclerosis, but family history plays a role. “Michael may not have even met the criteria for cholesterol therapy or aspirin, but he does

have a family history of early coronary artery disease,” says Dr. Gadhvi.

“One lesson people can take from this is that heart disease doesn’t necessarily need super-high risk factors. Know your family history, work with a primary care physician, analyze lab results and stay active. Together, these factors may uncover conditions that are potentially life-threatening.”

Michael had his open-heart surgery at JCMC on January 3, 2019. “Surgery and recovery were definitely rough, but it went exceptionally well,” he says. “I was pleasantly surprised at almost everything. Dr. Gadhvi or his partner checking up on me constantly, the way he kept my family in the loop, the nurses—a lot of things made me feel that I wasn’t just a number.”

Michael is now back to work as a detective commander. He’s also the father of twins who were born about two months after his operation.

“Looking back on surgery, ‘fun’ is not the right word, but it’s a good memory,” Michael says. “I’m lying in the hospital and my pregnant wife is sitting next to me. I’m worried about her and she’s worried about me. As crazy as everything was, we were doing everything we could to take care of each other. And now I’m around for my kids.”



ARASH SALEMI, MD

JCMC WELCOMES INTERNATIONAL CLINICAL LEADER

Jersey City Medical Center is pleased to welcome board-certified cardiothoracic surgeon Arash Salemi, MD, Clinical Chairman of Cardiothoracic Surgery for RWJBarnabas Health, Northern Region, and a member of RWJBarnabas Health medical group. Dr. Salemi provides strategic direction and clinical oversight for the cardiothoracic surgery program at JCMC. His clinical interests include transcatheter aortic valve replacement (TAVR), structural heart disease, valve repair, coronary artery disease and ventricular assist device.

Jersey City Medical Center has taken every precaution to ensure the safety of our patients, visitors and staff. To find a JCMC cardiac specialist, call **888.724.7123** or visit www.rwjbh.org/heart.





SIMPLE WAYS TO LOWER YOUR BLOOD SUGAR

THE POWER TO PREVENT OR DELAY DIABETES IS IN YOUR HANDS.

If your doctor says you have prediabetes, that means your blood sugar is high, but not high enough to qualify as diabetes—yet.

However, as the Centers for Disease Control and Prevention (CDC) puts it, don't let the "pre" in prediabetes fool you. Prediabetes is a serious condition. It puts a person at risk not only for Type 2 diabetes,

but for heart disease and stroke. The CDC estimates that one in three Americans has prediabetes, though many may not know it.

Step one, then, is to have your blood sugar checked through a simple blood test known as A_{1c}, according to primary care doctors Manjaree Daw, MD, and Preeti Saran, MD, two of the physicians who have recently started at the new primary care office at RWJBarnabas Health at Bayonne. "An A_{1c} of 6.5 is diabetes, so a blood test result between 5.7 and 6.4 is prediabetes," Dr. Daw explains.

"There are people who are at risk because of certain factors like being over age 45, extra weight, having sleep apnea and not being active enough," says Dr. Saran. "High blood pressure and high cholesterol can contribute to the risks. Prediabetes can exist without symptoms, but it is so easy to diagnose with a blood test."



MANJAREE DAW, MD



PREETI SARAN, MD

SMALL STEPS

The good news is that simple changes in eating and activity can help to either delay or outright prevent diabetes.

"I know that changing what you eat is easier said than done," notes Dr. Daw. "If you're not ready for an overall change in nutrition, just start with smaller amounts of what you regularly eat. Or try eating less red meat and more chicken and fish. Avoid or cut back on processed foods, swap out white rice for brown rice, or try whole wheat pasta with veggies.

"Start small. I had one patient who eliminated one piece of toast every morning, and the next time she came to see me, her numbers were down."

"Think about dividing your plate up, with mostly vegetables and lean proteins or plant-based protein and then, just one-fourth of the plate being rice, bread or pasta," advises Dr. Saran. "Those kinds of small things go a long way."

"It is also crucial to think ahead," says Dr. Daw. "I know that if I don't plan what I am eating, I am likely to come home and just order takeout food."

Movement is another crucial component in the fight against prediabetes because it helps control weight and naturally lowers blood glucose levels. "Getting physically fit can be a gradual process," says Dr. Saran. "Start walking or being active in some way, at least 20 minutes a day, and it doesn't have to be all at once. Start with five or 10 minutes of walking, several times a day. Shoot for approximately 150 minutes a week."

"If you are time-strapped and can't get to a gym, just incorporate movement into your regular life," says Dr. Daw. "Take the stairs instead of the elevator. Get up from your desk a few times a day and walk back and forth from the water cooler. Couple that Netflix binge with standing or marching in place while you are watching your shows.

"There's one big thing I wish all my patients knew about prediabetes," says Dr. Daw. "It's that they have the power to prevent it—or reverse it."

FAST AND HEALTHY RECIPES TO BEAT PREDIABETES

“Recipes that limit carbohydrate foods while adding lean protein and non-starchy veggies can help lower blood sugar,” says Jordan Kowalczewski, MS, RD, CDN, Outpatient Registered Dietitian at Jersey City Medical Center. “You can use any type of veggies or cheese you like in this crustless quiche. The stuffed peppers can be made ahead and don’t require the use of the oven.”

CRUSTLESS SPINACH & FETA QUICHE

Serves 1

INGREDIENTS:

- 1 medium onion, diced
- 6 ounces fresh baby spinach
- 4 large eggs
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- Pinch cayenne pepper
- 1½ cups low-fat or skim milk
- ½ cup crumbled feta cheese

DIRECTIONS:

- Preheat oven to 400°F.
- Lightly grease a 10-inch pie plate (or quiche/tart pan).
- In a medium frying pan, cook diced onion with a bit of vegetable oil (or cooking spray) over medium-high heat until translucent and tender.
- Add in fresh spinach and cook until just wilted. Set aside to cool for a few minutes.
- In a large mixing bowl, whisk together eggs, flour, baking powder and cayenne pepper. Slowly whisk in milk, then stir in spinach-onion mixture.
- Pour into prepared pan. Top with feta cheese.
- Bake for 25 minutes, or until center is set and the outside edge is golden brown.
- Let set for 5 minutes, then slice and serve with a side salad.



STUFFED PEPPERS

Serves 3

INGREDIENTS:

- 1 teaspoon canola or vegetable oil
- 1 medium white or yellow onion, chopped
- 1 pound ground turkey meat
- 1 cup cooked brown rice
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon Worcestershire sauce
- 1 can (28 oz.) low-sodium tomato sauce
- 3 large green bell peppers

DIRECTIONS:

- In a nonstick pan over medium high heat, add oil, onion and ground turkey, and stir until meat is fully cooked and onion is soft and translucent.
- Once cooked, combine rice, onions, meat, salt, pepper, Worcestershire sauce and ¾ of the can of tomato sauce in a bowl. Stir until well combined.
- Wash bell peppers, then cut in half. Remove inside seeds/ribs.
- Place cut side down on a paper towel and microwave for 5-7 minutes, or until soft.
- Place bell pepper halves cut side up into a microwave-safe dish. Fill each pepper half with ½ of the mixture. Top with the remainder of the tomato sauce.
- Cover baking dish with a piece of wax paper. Microwave for another 9-10 minutes.
- Let cool slightly before enjoying. Serve with a side of roasted veggies.



RWJBarnabas Health at Bayonne, located at 519 Broadway on the corner of 24th Street, has added a primary care office to serve the Bayonne community. To learn more or to find a primary care doctor at RWJBarnabas Health at Bayonne, call **888.724.7123**.



BACK TO FITNESS: HOW TO AVOID INJURIES

AN ORTHOPEDIC SURGEON TELLS HOW TO STEER CLEAR OF STRAINS, TEARS AND MORE.

The sun is shining, the trees are in leaf and the breeze is blowing from the river. For many Jersey City-area residents, these signs of nature are also signals to get out and get some exercise—especially now, after city dwellers have been coping with pandemic-related restrictions.

Unfortunately, too often the next signs will be symptoms of common sports-related injuries, from Achilles tendinitis to wrist sprains. “We tend to see a rash of injuries occur when people get back into fitness again,” says John Feldman, MD, a surgeon at the Orthopedic Institute at Jersey City Medical Center and a member of RWJBarnabas Health medical group. Here’s his advice for avoiding sports- or fitness-related injuries:

START SLOW. Don’t try to begin where you left off. “People get deconditioned and then attempt to perform an activity at a level above their fitness level,” Dr. Feldman explains. “The most important thing is working up to a particular level of fitness before going full speed in a game or activity.”

LISTEN TO YOUR BODY. “If you are experiencing symptoms such as shortness of breath or chest pain while doing non-strenuous activities such as walking or light exercise, or if there is a family history of sudden cardiac events at a young age, be sure to get checked out by a doctor,” says Dr. Feldman.

BE CITY-SMART. “Obviously, when running in an urban setting, one has to be vigilant about traffic,” Dr. Feldman notes.



JOHN FELDMAN, MD

Look and listen for traffic, cross at intersections only and never cross a street from in between parked cars. “We’re lucky to be so close to Liberty State Park,” says Dr. Feldman. “If you can, do your

running, jogging or walking at places like that. If you can’t, be mindful of traffic.”

Urban obstacles such as curbs and potholes also pose a threat. “Keep an eye out for uneven ground,” Dr. Feldman suggests. “Running off the sidewalk and onto the road surface can result in a misjudgment and a twisting injury.”

STAY HYDRATED. Hydration is an important concern, especially in warmer temperatures. Drink plenty of water before you work out or play a sport.

Hydration should continue during exercise. As a rule of thumb, Dr. Feldman advises that people drink another six to 12 ounces for every 20 minutes of training. “After exercise, it’s also important to replenish fluid lost,” he says. “Sports drinks can be a good supplement to replenish electrolytes lost during the sweating process.”

CROSS-TRAIN. Cross-training, a combination of low- and high-impact exercise, is a good way to avoid repetitive stress injuries. “Cross-training provides an alternate route for the athlete or individual to keep up their cardio but work out different muscle groups. Overused muscle groups can then get a needed rest,” Dr. Feldman says.

BUILD IN DOWNTIME. Speaking of rest, don’t forget to take time off exercising to recover. “Proper recovery is important to both maximizing performance and reducing injury, as fatigue is clearly linked to injury,” Dr. Feldman says.

KEEP MOVING. Even with the risks, of course, it’s still much better to exercise than not to exercise. Research shows that physical activity improves mood, aids sleep and helps prevent or manage many chronic diseases.

The U.S. Office of Disease Prevention

Jersey City Medical Center now offers orthopedic and rehabilitation services in the Newport neighborhood. To learn more about these and other orthopedic services at JCMC, call **844.63.ORTHO** or visit **www.rwjbh.org/ortho**.



WHEN SHOULD YOU SEE A DOCTOR?

If all precautions fail and something starts hurting, should you seek medical attention?

It’s important that you don’t delay seeking care if needed. Jersey City Medical Center (JCMC) has taken every precaution necessary to ensure the safety of patients, visitors and staff.

“There are two main reasons to see a doctor for a sports-related injury,” explains John Feldman, MD, orthopedic surgeon at JCMC.

“The first situation is an acute injury. If an injury occurs and you are unable to bear weight on the extremity, head for the Emergency Department to rule out a broken bone,” he says. “If an injury is to the knee and you hear a pop followed by swelling, you should seek out the expertise of a doctor.

“A second reason for concern is a chronic injury—for example, a persistent painful knee without any clear preceding injury. In that case, the first step is to see if it will resolve with prolonged rest. If not, the next step is to see a doctor.”

and Health Promotion recommends adults get from 150 to 300 minutes of moderate-intensity aerobic activity—anything that makes your heart beat faster—each week. Adults should also perform muscle-strengthening activities (lifting weights, jumping rope, doing push-ups) at least two days a week.

Sleep better. For a healthier you.

Experiencing increased anxiety and stress, resulting in a serious disruption and lack of sleep?

Working-at-home or binge-watching, extended screen time can also have a detrimental impact on sleep health.

The Center for Sleep Disorders at Jersey City Medical Center can help identify the underlying conditions causing sleep disorders and offer effective treatments.

**To schedule a sleep consultation,
please call 201-915-2020.**

rwjbh.org/jcmcsleep

