

FALL 2018

A Publication of
NEWARK BETH ISRAEL MEDICAL
CENTER AND CHILDREN'S
HOSPITAL OF NEW JERSEY

1 healthy *together*

A NEW STATE
OF HEALTH
FOR YOU &
YOUR FAMILY

YOU CAN BEAT
PREDIABETES

WEIGHT-LOSS SURGERY:
A HEALTHY CHOICE

NEW LUNG,
NEW LIFE

A New State of HEALTH

At its heart, healthcare is about people: about you and your family, your doctors and other members of your care team. Supporting that care are researchers—people with minds curious and rigorous enough to help determine which treatments work best and to discover new ones.

At RWJBarnabas Health, we stand for all these people—every single member of each community we serve. With our new partner Rutgers University, one of the nation’s leading public educators, we’re creating a new state of health in New Jersey. Together, we’re building a network of the best minds to deliver unparalleled patient care, to train the next generation of exceptional medical professionals, and to grow our shared commitment to groundbreaking research. Our goal is simple: for you and your loved ones to have access to the highest-quality care in the nation.

For example, Newark Beth Israel Medical Center and Children’s Hospital of New Jersey, an RWJBarnabas Health facility, is home to one of the nation’s top 10 heart transplant centers. Last year we achieved a milestone 1,000 heart transplants performed. Only 12 centers in the entire country can claim this accomplishment. It is also home to New Jersey’s only lung transplant program, the largest Valerie Fund Center in the state and one of the most advanced pediatric cardiology programs in the region at the Children’s Heart Center. Newark Beth Israel is also committed to preventing illness and addressing social determinants of health with award-winning programs, such as KidsFit, The Beth Challenge and The Beth Greenhouse, that tackle obesity and food insecurity. Our commitment to clinical excellence and community engagement are truly the hallmarks of our success.

Where you get your healthcare matters. With this magazine, we’ll share what we stand for and how our values are positively impacting the health of individuals and entire communities. We hope you enjoy reading more about what we’re doing—and its importance to your health—in the pages of this new quarterly publication, *Healthy Together*.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



DARRELL K. TERRY, SR.
PRESIDENT AND CHIEF EXECUTIVE OFFICER
NEWARK BETH ISRAEL MEDICAL CENTER
AND CHILDREN’S HOSPITAL OF NEW JERSEY



HEALTH NEWS

EXCELLENCE IN ELDER CARE

Newark Beth Israel Medical Center is a NICHE (Nurses Improving Care for Healthsystem Elders) Exemplar Hospital. NICHE is an international program designed to help hospitals improve the care of older adults. The “Exemplar” status is the highest of four possible designations, and earning this recognition signifies NBI’s ongoing commitment to providing exceptional geriatric care.

AN EQUALITY LEADER



In 2018, Newark Beth Israel Medical Center became one of only 16 facilities in New Jersey and 418 across the country to receive the Human Rights Campaign’s (HRC) “Leader in LGBTQ Healthcare Equality” designation.

Newark Beth Israel earned a perfect score for meeting non-discrimination and training criteria, and demonstrating a commitment to equitable, inclusive and compassionate care for LGBTQ patients and their families, who often face significant challenges in securing access to the healthcare they need and deserve.

Connected For Health

Newark Beth Israel Medical Center is one of the nation’s “Most Wired Hospitals.” For three consecutive years, the hospital has made it onto the Hospitals & Health Networks national listing for its use of information technology to connect with patients.

Newark Beth Israel Medical Center | RWJBarnabas Health
Children’s Hospital of New Jersey

201 Lyons Ave. at Osborne Terrace, Newark, NJ 07112
973-926-7000 | rwjbh.org/newarkbeth

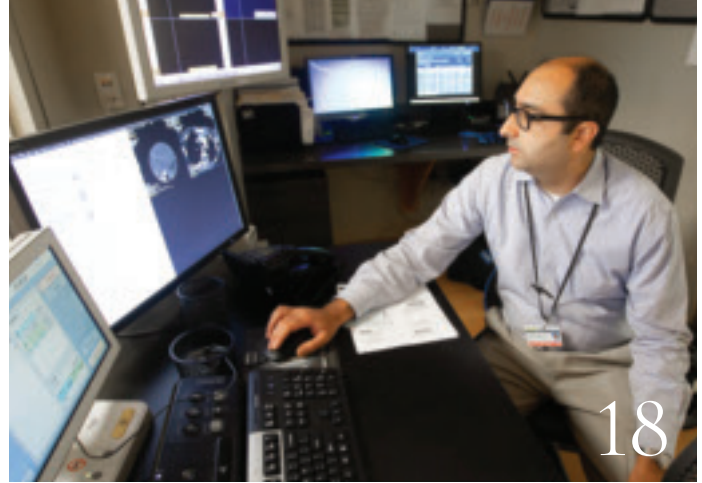
CONNECT WITH US ON

- @NewarkBethIsraelMedicalCenter
- @Newark_Beth
- RWJBarnabas Health

Newark Beth Israel 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 rwjbh.org/newarkbeth. NBI 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 973-926-7000. NBI 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 973-926-7000.

healthy *together* contents

FALL 2018



18



17



23



8



6



9

- 2. WELCOME LETTER.**
A community update from our CEOs.
- 4. HEART-TO-HEART HEALING.** Support from her social circle and doctor helped one woman control her hypertension. Now she's paying it forward.
- 6. WHAT YOU SHOULD KNOW ABOUT DIABETES.** How one doctor tries to get the word out—and save lives.
- 8. THE WEIGHT IS OVER.** Bariatrics specialists share their top 10 tips for keeping pounds off for good.

- 9. A NEW STATE OF HEALTH FOR NEW JERSEY.** What the partnership of RWJBarnabas Health and Rutgers means for you and your family.
 - Latest treatments close to home—page 10
 - Reinventing the patient experience—page 11
 - Top medical minds team up—page 12

- 13. BACK ON TRACK.** A young athlete recovers from drastic knee injuries.
- 14. FIGHTING SUBSTANCE USE DISORDERS.** More people seek treatment, thanks to a peer-counseling program.
- 15. KEEP YOUR KIDNEYS HEALTHY.** Tame high blood pressure before kidney damage occurs.
- 17. OH, BABY!** Private rooms provide a welcoming environment for newborns and moms.
- 18. BETTER HEART IMAGING FOR KIDS.** A new state-of-the-art CT scanner makes discovering the cause of heart problems easier on children.
- 19. MEN'S HEALTH MATTERS.** A take-care-of-yourself checklist for every age and stage of life.
- 20. THE GIFT OF BREATH.** A grateful man celebrates his 10th anniversary as a lung transplant recipient.
- 23. FROM HOSPITAL FARM TO COMMUNITY TABLE.** Newark Beth Israel's greenhouse and farmers market provide an abundance of good food—and good ideas.



GAUTAM VISVESWARAN, MD,
INTERVENTIONAL CARDIOLOGIST
meets with hypertension patient
Tracy Johnson.

HEART- TO-HEART HEALING

**SUPPORT FROM HER SOCIAL CIRCLE AND DOCTOR
HELPED ONE WOMAN CONTROL HIGH BLOOD PRESSURE.
NOW SHE'S PAYING IT FORWARD.**

Twice in the past six years, Tracy Johnson's network of colleagues and family helped save her life from the "silent killer," high blood pressure.

But it was a heartfelt talk with her physician at Newark Beth Israel Medical Center that empowered her to make the health changes she needed—and helped her to be a strong influence in the lives of those around her.

Six years ago, a workplace nurse sounded the first alarm, when Tracy felt unwell during her shift at a busy coffee shop on the campus of Seton Hall University. "My blood pressure was 220 over 120, and she sent me straight to the emergency room at Newark Beth Israel. That's when I first found out I had high

““
**THE LATEST GUIDELINES
 FROM THE AMERICAN HEART
 ASSOCIATION SAY IT'S
 IMPORTANT TO TREAT HIGH
 BLOOD PRESSURE EARLY AND
 AGGRESSIVELY.”**

MARC COHEN, MD,
 CHAIR OF THE DEPARTMENT OF MEDICINE AND CHIEF OF CARDIOLOGY
 AT NEWARK BETH ISRAEL MEDICAL CENTER



**DON'T LET
 HIGH BLOOD
 PRESSURE HIDE**

Hypertension, or high blood pressure, can be damaging to the heart, kidneys and vision, but it usually presents few or no symptoms. The only way to know if your blood pressure is high is by having a medical professional check it. “Every adult over age 35 should check their blood pressure at least once yearly, more often if possible,” says Gautam Visveswaran, MD, an interventional cardiologist at Newark Beth Israel Medical Center.

“We have a broad spectrum of medications and support to help,” says Marc Cohen, MD, Chair of the Department of Medicine and Chief of Cardiology at Newark Beth Israel Medical Center. “The latest guidelines from the American Heart Association say it’s important to treat high blood pressure early and aggressively.”

Signs of extremely high blood pressure include early-morning headaches, trouble seeing or breathing, irregular heartbeat, blood in the urine and pounding in the chest, neck or ears. If you have any of these, see a doctor immediately.

blood pressure.”

Tracy was able to keep the condition in check through taking prescription medicines, eating better and quitting smoking. Those were tough steps, she says. But they’re important for managing high blood pressure, and especially important for Tracy as an African-American. African-Americans are at higher risk for developing high blood pressure and the health conditions that can stem from it. Recent studies also show that African-Americans are more likely to develop high blood pressure at a younger age. Tracy was just 46 when she was diagnosed.

Over time, Tracy’s symptoms waned and so did her attention to her health, she admits.

A SECOND SCARE

Last year, she started having pain in her chest, but thought it was gas. She sometimes felt tired, but thought she was just out of shape. Like many people, she did not realize these signs were related to the damage that high blood pressure can cause.

This past spring, her sense of having “an elephant on my chest” got the attention of her fiancé. “He had been trying to get me to go to the doctor; but this time, he didn’t give me a choice,” she says, gratefully. “He just said, ‘We’re going to the hospital.’”

That likely saved her life. At Newark Beth Israel, physicians discovered that her high blood pressure had caused heart disease and serious damage.

“I had two arteries of my heart blocked 90 percent,” she says. “I still get emotional thinking about what might have happened if I hadn’t gotten that care.”

During heart catheterizations, Gautam

Visveswaran, MD, an interventional cardiologist, treated her blockages by placing stents (tubes) in her arteries, which opened up blood flow. He then did something Tracy didn’t expect.

“He took me for a walk around the hospital,” she says. “He spent the time to make sure I understood how lucky I was. He said it won’t be easy, but that I can do things to get healthier. I appreciated that he was so honest.”

That talk made an impression. Tracy has since gotten back to a healthier routine. “I’m losing weight and exercising more,” she says. “I’m now very, very sure to take my medicines every day.”

SPREADING THE WORD

Just as her network of coworkers and family helped her, she’s now in a good position to help others. She’s shared her story with relatives to encourage them to get checked, because heart disease runs in her family.

“The medical research shows very clearly that people with good social connections do much better controlling health conditions,” says Dr. Visveswaran. Those connections could be family or friends at church, a study group or work. “When you’re a trusted member of a group, you can encourage those in your circle to get care when they describe symptoms, and support them throughout care.”

Back at campus, Tracy says, “I spend a lot of time encouraging the students at the coffee shop to stick with the hard work of earning their degrees,” she says. It’s a message she can deliver with even more authority today, since her own hard work is paying off.

Your heart doesn’t beat just for you. Get it checked. For more information or to make an appointment with one of Newark Beth Israel’s top cardiologists or cardiac surgeons, visit rwjbh.org/heart or call 888-724-7123.

What You Should Know About DIABETES

HOW ONE DOCTOR TRIES TO GET THE WORD OUT—AND SAVES LIVES.

“More than 30 million Americans have diabetes. That’s 10 percent of the population,” says Omar Bey, MD, an internist and critical care specialist at Newark Beth Israel Medical Center (NBI). “So, the possibility of any of us developing it is pretty significant. That’s why it’s so important to be proactive rather than reactive.”

To learn about Diabetes Education at Newark Beth Israel, call The Diabetes Center at 973-926-3218.

Dr. Bey has made it his mission to thwart diabetes, especially in underserved communities, where he organizes groups of physicians to go to churches for



OMAR BEY, MD

question-and-answer sessions on diabetes and other health issues. His outreach also includes social media, a website and more.

Regardless of one’s background, Dr. Bey says, the key to reversing the troubling

trend of diabetes is to change your relationship with food. “Over the years, I’ve developed a plan to help people with diabetes or prediabetes lose weight. The concepts are easy, but it’s not easy for people to push the plate away.”

TAKING CONTROL

Dr. Bey’s plan, which he details in his book “Eat One/Half (Half the Calories, Twice the Health),” incorporates three major principles:

- Cutting calories without feeling punished
- Developing a lifelong lifestyle change
- Room for modification

“My plan gives people control of their weight loss by allowing them to cut calories without feeling punished by what they can or cannot eat,” Dr. Bey says. “It also allows them to modify their diet based on their own metabolism. We all have different metabolic rates—I may be able to eat three meals a day and maintain an ideal body weight, whereas another person eats one meal a day and stores half of it as fat. In order to create lifelong change, we must allow for flexibility.”

At the very least, Dr. Bey hopes people will remember these important takeaways about diabetes:

- “We are who our parents are—our genes. So, if you have a mom or dad or granddad or brother or sister who has diabetes, you should be checked.”
- “There are certain ethnicities that have a higher prevalence of diabetes.” According

to the American Diabetes Association, African Americans, Mexican Americans, American Indians, Native Hawaiians, Pacific Islanders and Asian Americans all have a higher risk for developing diabetes. These groups

are just like people who have relatives with the disease and should get their blood sugar levels checked.

- “If you have prediabetes—meaning blood sugar levels that are above normal but not in the diabetes range—there’s a strong likelihood that you will develop type 2 diabetes if you don’t take care of it. That means losing weight and increasing your activity level.”
- “If you do have diabetes, definitely go to your doctor, and make sure that you follow your treatment appropriately, because the secondary problems and complications from diabetes can be devastating.”





WOUNDS: A DANGER ZONE FOR PEOPLE WITH DIABETES

For most of us, a blister or cut is simply a nuisance. But for people with diabetes, seemingly harmless injuries, especially to the feet, can have serious consequences—up to and including infections that can lead to amputation.

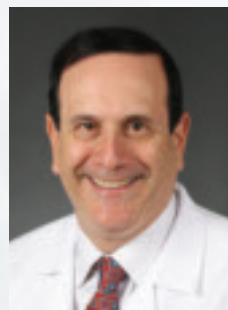
“Patients with diabetes have three reasons they’re particularly vulnerable,” explains Harold Brem, MD, Medical Director of the Division of Wound Healing and Regenerative Medicine at Newark Beth Israel Medical Center (NBI).

1 LOSS OF SENSATION. Sustained hyperglycemia (excess sugar in the bloodstream) can damage nerve cells, leading to loss of sensation known as neuropathy. This can prevent a person with diabetes from realizing they have a small injury and getting it treated before it becomes far worse.

2 WEAKENED IMMUNE SYSTEM. On a cellular level, diabetes compromises a person’s immune system. “For example, the cells known as macrophages are the most important cells in healing and clearing infections,” explains Dr. Brem, “and in people with diabetes they just don’t function very well.”

3 IMPAIRED BLOOD FLOW. This condition, common in people with diabetes, further compromises wound healing by affecting blood supply to wounded areas, particularly below the knees.

Patients who have wounds that aren’t healing properly can receive world-class care at NBI. “One of our primary missions at the hospital is to simply end limb loss with diabetes,” says Dr. Brem. “The Division of Wound Healing and Regenerative Medicine at Newark Beth Israel consists of an interdisciplinary group of vascular, general, podiatric and plastic surgeons and specialists that have been integrated into one operational team to provide our patients with state-of-the-art care. Taken together, we are one of the most experienced and most published wound-care centers in the world.”



HAROLD BREM, MD



To learn more about New Jersey’s premiere wound-care program, contact the Division of Wound Healing and Regenerative Medicine at Newark Beth Israel Medical Center at 973-926-8230, or visit rwjbh.org/newarkbeth.

THE WEIGHT IS OVER

BARIATRICS SPECIALISTS SHARE THEIR TOP 10 TIPS FOR KEEPING POUNDS OFF—FOR GOOD.



Bariatric surgery can help a patient lose pounds—and more. “My aim is to provide those who have been struggling to successfully lose weight with options that will help them reach their weight loss goals and resolve many of their related health issues, such as type 2 diabetes,” says Alan Saber, MD, Director of Newark Beth Israel Medical Center’s

new Bariatric and Metabolic Surgery Program. “Several studies have shown that metabolic surgery can successfully resolve or improve type 2 diabetes, hypertension, asthma and sleep apnea, and



ALAN SABER, MD

decrease heart disease risk.”

Keeping the weight off, however, involves ongoing lifestyle changes. Here, Dr. Saber and Catherine Wong, MS, RD, CDN, nutritionist at the program, tell how to maintain weight loss.

1 STAY HYDRATED: Drink at least eight glasses of water and/or calorie-free drinks a day. You can make your own fruit-infused water if you want different flavors.

2 AVOID HIDDEN CALORIES: Beverages such as fruit juice, soda, cocktails, beer and wine can sabotage an otherwise healthy diet.

3 STAY ACTIVE: Exercise for 30 to 45 minutes every day for at least five days a week to keep the weight off. You can start with walking 10 to 15 minutes per day and then build up the intensity and duration.

4 CHOOSE HEALTHY COOKING TECHNIQUES: Bake or broil foods rather than frying them in oil.

5 PRACTICE MINDFUL EATING: Chew your food 20 to 30 times per bite. People who eat more slowly eat less.

6 WRITE IT DOWN: Most of the time, we eat more than we think. Keep track of foods and amounts with a food diary or smartphone app.

7 CUT CALORIES: On average, we recommend that women consume about 1,800 calories a day, and men consume about 2,200 calories a day. After a bariatric surgical procedure, calorie intake is reduced even further.

8 PREPARE MEALS AHEAD OF TIME: This tactic has been shown to improve portion control and help reduce caloric intake.

9 EAT YOUR VEGGIES: Fill half of your plate with vegetables of different colors and eat two fruits a day.

10 BE CONSISTENT: Maintaining a regular diet and exercise plan is the most effective way to ensure successful weight maintenance.

Finally, stay off the scale—most of the time. “I see patients weigh themselves every day, or multiple times a day. It’s too much,” says Dr. Saber. “Once a week is enough.”

To schedule a consultation with Dr. Saber at NBI’s Bariatric and Metabolic Surgery Program, call 973-926-7402.

A NEW STATE OF HEALTH

FOR NEW JERSEY, THE NATION, THE WORLD

WHAT THE UNPRECEDENTED PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS UNIVERSITY MEANS FOR YOU.

The state's largest integrated health system, RWJBarnabas Health, and Rutgers University, one of the nation's leading public research universities, have formed a groundbreaking partnership that will increase access to care and reduce healthcare disparities, while advancing health science discovery and innovation. RWJBarnabas Health will make a significant investment in recruiting and retaining the nation's finest doctors, researchers and medical students. That means more expert physicians to care for patients and more clinical trials to find better treatment options. Moreover, everyone on this dynamic new team has a mission to deliver excellence in every area of the patient experience. Altogether, the partnership means a transformation of the way healthcare is delivered in New Jersey.

That's the big picture. What's the personal picture for you and your family? You'll be able to get compassionate, world-class care without having to travel far from home. In the following pages, we'll share more good news about what this partnership means for you.



PARTNERSHIP BY THE NUMBERS



To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



Committed by RWJBarnabas Health to encourage Rutgers medical students to remain in New Jersey and provide care to its residents



Physicians and providers (2,500) and staff (3,000) under the direction of the new Combined Medical Group



Patient visits conducted by RWJBarnabas Health and Rutgers, combined, in 2017



KNOWLEDGE IS POWER

HOW IN-STATE CLINICAL RESEARCH CONNECTS TO BETTER CARE FOR NEW JERSEY PATIENTS.

If you've read or watched anything about medical care in recent years, it's clear that the field of medicine is always advancing. How do medical treatments improve? Through clinical research or clinical trials. Doctors, nurses and scientists gather information through personal interaction with patients, or through collection of blood, tissue or data, to find new and better ways to detect, diagnose, treat and prevent disease.

When this research takes place in New Jersey, residents have the ability to participate in those clinical trials, and to be among the first patients to benefit from new treatments. Those opportunities will increase dramatically as a result of the RWJBarnabas Health/Rutgers partnership, which will double the Rutgers research portfolio—already the largest in New Jersey—and make it possible to hire about 100 new high-caliber principal investigators (lead researchers).

To learn more about this historic partnership, visit www.RutgersRWJBHtogether.org.

EXPANDING CANCER CARE

The Rutgers Cancer Institute of New Jersey offers a prime example of how the partnership between Rutgers and RWJBarnabas Health will enhance both clinical research and patient care. Under the new partnership, Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-designated Comprehensive Cancer Center—is now able to more easily provide patients with greater access to outstanding cancer services and clinical trials close to home.

“For many cancers, standard therapy may not be sufficient to have the greatest success for an individual patient,” says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services for RWJBarnabas Health and Director of the Rutgers Cancer Institute of New Jersey. “We're constantly



STEVEN K. LIBUTTI, MD, FACS

looking for the next generation of therapies that will be more effective, and the only way we make those discoveries is through the conduct of clinical research.” Immunotherapy, in which a person's immune system can be used to fight cancer, is just one of many cutting-edge areas of study at Rutgers Cancer Institute.

ACCESS EVERYWHERE

Thanks to the new partnership, more cancer patients will have access to the most advanced care. Rutgers Cancer Institute will leverage telemedicine and video conferencing to bring experts at different sites together with patients. “We're also expanding the number of patient navigators we have in our program,” says Dr. Libutti. “These navigators are essentially partnered with a patient from the moment of diagnosis throughout his or her care. They can make certain the patient goes to the closest facility that has the capability to address that patient's particular cancer problem with exceptional treatment.”

For New Jerseyans who have cancer, home is where the care is. “The significance of this partnership is really our ability to bring cutting-edge therapies, state-of-the-art technologies and world-class physicians directly to patients in their own community,” Dr. Libutti says. “We strongly believe in the notion that cancer does not travel well. No patient in New Jersey has to travel out of state to get the most advanced and exceptional cancer care.”

To learn more about RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, visit rwjbh.org/cancer.



For a referral to a Combined Medical Group physician, visit rwjbh.org/medicalgroup or rutgershealth.org.

CARING WITH PURPOSE

A NEW VISION FOR HEALTHCARE UNITES PROVIDERS AND PATIENTS.

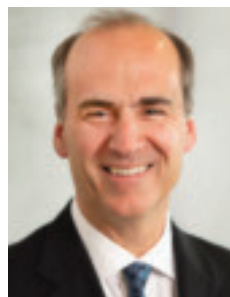
When many hearts and minds work with one purpose, healthcare can be transformed.

That's the guiding idea behind the Combined Medical Group, a joint physician practice that will be a key part of the partnership between RWJBarnabas Health and Rutgers.

"Having a shared purpose, a vision and a set of core values excites our employees and physicians and other healthcare professionals," says Andy Anderson, MD, MBA, Chief Executive Officer of the Combined Medical Group. "They want to be part of something

that's going to help define the future of healthcare."

RWJBarnabas Health and Rutgers are engaged in a partnership, not a merger, so each remains a separate institution. The



ANDY ANDERSON, MD, MBA

practitioners at RWJBarnabas Health and the faculty practice of Rutgers-employed healthcare professionals (including physicians, dentists, psychologists,

nurses, pharmacists and others) will collaborate and innovate as a team. The Combined Medical Group will include approximately 5,500 physicians, providers and staff.

VISION INTO REALITY

In order to integrate their efforts seamlessly, the group needs a common purpose. "We're focused on three areas," explains Dr. Anderson, who comes to the partnership from a similar role at Aurora Health Care in Wisconsin. "Those areas are: making sure we put patients first, valuing each member of the healthcare team and improving the health of the communities we serve."

That three-part purpose has to touch every aspect of the patient's experience, Dr. Anderson believes. "Healthcare is not only about hospitals. It's also about office practices, home-care services, access to medications and more," he says. "We want to better connect all those pieces and parts to make it easier for patients."

The effort will include a review of the electronic medical records system. "In the future state of the health system, a patient will be able to look at their medication list or next appointment, get reminders or get lifestyle recommendations, all through a single portal," Dr. Anderson says.

A FOCUS ON WELLNESS

The vision also includes focusing more attention on helping patients stay well. For example, having staff and providers talk more with patients about lifestyle habits can give them better control over chronic diseases like diabetes.

Though the goals of the Combined Medical Group are ambitious, they are also, in a way, simple. "We want to be the health system where patients want to get care," Dr. Anderson says, "and where people want to work."



GREAT MINDS, BIG HEARTS

THE RWJBARNABAS HEALTH/RUTGERS PARTNERSHIP OPENS THE DOOR TO NEW CENTERS OF EXCELLENCE—INCLUDING A GROUNDBREAKING NEUROSCIENCES ENTERPRISE.

Many critical conditions fall under the scope of a neurosurgical team: stroke, concussion, trauma to or infection in the brain or spine, and more. While Rutgers and RWJBarnabas Health already place among the top tier of neurosurgical care providers, their partnership is allowing the creation of a neurosciences institute of global renown.



ANIL NANDA, MD, MPH

“This is a unique opportunity to build a truly world-class center,” says Anil Nanda, MD, MPH, the newly appointed Senior Vice

President of Neurosurgical Services for RWJBarnabas Health. Dr. Nanda also will serve as Professor and Joint Chair of the Department of Neurosurgery at both Rutgers-Robert Wood Johnson Medical School and Rutgers-New Jersey Medical School. He comes to his role from Louisiana State University Health Sciences Center—Shreveport, where he built an internationally known department of neurosurgery.

FOCUSED ON QUALITY

“Our challenge here in New Jersey is to build on different cultures in the medical schools and in different hospitals and create a unified system,” Dr. Nanda says. Among his top priorities are to look at safety; to identify whether all sites have the cutting-edge technology they need;

and to do a sophisticated data analysis of outcomes. “We’ve hired a biostatistician and an epidemiologist to help us create a neurological dashboard to look at safety and quality issues across the system,” he explains.

While good data and technical expertise are critical, they’re only part of successful neurosurgical care, Dr. Nanda says. “We want to do this in a compassionate setting, to treat patients like we would want our families treated,” he says.

Public health outreach on topics like concussions and stroke will be a priority, as will looking at ways to eliminate disparities in healthcare. “We want to make sure patients get very good care, even if they live in communities that are economically challenged. That’s very important to me personally,” Dr. Nanda says. “And I feel strongly that in the neurosurgical services line, a rising tide brings healthcare up for all people in New Jersey. That’s why this is a magnificent partnership, with a strength in numbers that will allow us to provide excellent care to all.”

To learn more about neurological services, treatment and care at RWJBarnabas Health, visit rwjbh.org/neuro.



A SPORTS SLAM DUNK

RWJBarnabas Health and Rutgers University have partnered to develop an outstanding sports medicine program for Rutgers athletes, students and faculty, as well as for communities throughout New Jersey. The combined effort includes a new state-of-the-art athletic facility, the RWJBarnabas Health Athletic Performance Center, scheduled to be completed in July 2019.

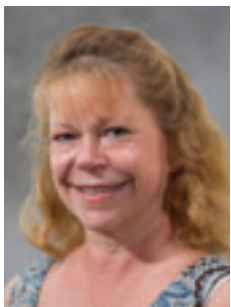


“Omar was very motivated and upbeat in physical therapy,” Dr. Fantasia says.

BACK ON TRACK

A YOUNG ATHLETE TAKES A DEVASTATING FALL AND GETS BACK UP—WITH THE HELP OF CHILDREN’S SPECIALIZED HOSPITAL.

Last April, Omar Shehabeldin, 14, was running for a school bus when he felt a “pop” in his knees and fell—hard. Instead of going to a track meet as he’d planned, he was taken to the Emergency Department at Robert Wood Johnson University Hospital New Brunswick. Both knees appeared to be broken.



MICHELE FANTASIA, MD

In fact, the tendon that

connects the patella (kneecap) to the tibia (shin bone) had basically torn off in both legs. The tendons had to be surgically reattached with a type of hardware that looks like nails.

What had happened to cause such drastic injuries to the athletic Omar, who as a high school freshman was already a standout on the football team?

In fact, his family had long known he had Osgood-Schlatter disease, a not uncommon cause of knee pain in children. Bones, muscles and tendons change rapidly during growth spurts, and physical activity puts extra stress on them. “It started when Omar was younger,” says his mother Aliaa Gouda. “When he got on the floor to pray with his father, he would complain that his knee hurt. The doctor told us that he would outgrow it, as most children do.” Unfortunately, Omar was an exception.

WORKING IT

After surgery, Omar was sent to Children’s Specialized Hospital in New Brunswick for rehabilitation. “We stayed in close touch with the pediatric orthopedic surgeon, Dr. Stephen Adolfsen, who wanted to be sure the knee bones and patella had really fused before Omar began to bear weight on his legs,” says Michele Fantasia, MD, a specialist

in pediatric rehabilitation medicine at Children’s Specialized Hospital. “We worked with Omar on upper body and upper extremity training and core strengthening, all while he was in a special wheelchair that elevated his legs.” In June, Omar was cleared to walk with braces. In therapy, he began to bend his knees, bit by bit.

Omar was fortunate to have the considerable resources of Children’s Specialized, which include recreational therapy activities, water therapy and a therapy dog named Burton. “Our staff has experience in all developmental stages, and we are equipped with multiple therapeutic modalities,” Dr. Fantasia says.

Omar was discharged on June 21 and continues to go to the hospital for outpatient rehab. “Everybody at that hospital works with so much heart. It is a great place,” his mother Aliaa says. “In fact, we’re going to go back and volunteer to help people there.”

To learn more about Children’s Specialized Hospital, call 888-244-5373.

NEW WAYS TO FIGHT SUBSTANCE USE DISORDERS

AN INNOVATIVE PEER RECOVERY PROGRAM HELPS PEOPLE OPEN A WINDOW TO RECOVERY.

For information about placement into treatment for yourself or a loved one, call the State of New Jersey's IME (Interim Managing Entity) at 844-276-2777.

A hospital patient who has a substance use disorder may feel many things: fear, anger, loneliness, shame. What he or she may not feel is ready to accept help.

"That's where the magic of our Peer Recovery Program comes in," says Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery (IFPR). Peer Recovery Specialists—highly trained individuals who are in long-term recovery from their own substance use disorder—are available 24/7 at participating RWJBarnabas Health Hospitals through the Peer Recovery Program (PRP).

"Recovery Specialists are the best people to assess where this patient is at and how to engage him or her, because they've been in that bed," Greene explains. "That's a great relief for a person who may be isolated and may have exhausted relationships and resources."

For more information about the Institute for Prevention and Recovery, visit rwjbh.org/preventionandrecovery.

The goal of a Peer Recovery Specialist—one that often takes some time to achieve—is to get the person to agree to go to the next appropriate level of care, and to help him or her navigate the steps needed to maintain recovery.

NEW TACTICS FOR AN EPIDEMIC

In 2016 and 2017 alone, approximately 2,200 New Jerseyans died of overdoses. As part of the effort to reverse the tide, the IFPR staff has, with the help of state funding, gone from about 30 employees to about 160 over the past two and a half years.

The Peer Recovery Program is one of the innovative tactics the IFPR is using in its fight. In the past, patients who were brought to an emergency room with an overdose were given NARCAN to reverse the overdose, then sent on their way. Since 2016, participating RWJBarnabas Health hospitals have integrated Peer Recovery Specialists into ER teams, where they follow up with the patient and provide continuing support.



CONNIE GREENE, VP, IFPR

Now the Peer Recovery Program is functioning on medical floors as well. "Federal statistics tell us that between 9 and 10 percent of the population has a substance use disorder," Greene says. "So if you follow the data, up to 10 percent of the patients in our hospitals are affected."

Formerly, when a patient who was in the hospital for a different reason presented signs of a substance use disorder, physicians were often at a loss about how to proceed. Now Peer Recovery Specialists can be called in to come to the bedside, offer an intervention and guide the patient to the care that's needed.

"It's a very, very difficult job, but there is also the joy of holding someone's hand as they move into recovery," Greene says. Of the 5,500 people the Peer Recovery Program has interacted with, 85 percent have accepted recovery support services.

The blessings ripple out to family members as well. "Every morning when I see the whites of my son's eyes and hear him say 'Hi, Mom,' I want to cry, and then call you to thank you," one mother wrote to the Recovery Specialist who worked with her son. "May peace be with you on our journey as well—one day at a time."



KEEP YOUR KIDNEYS HEALTHY

TAME HYPERTENSION BEFORE KIDNEY DAMAGE OCCURS.

The heart beats steadily, creating pressure that moves blood through the body to nourish tissues and organs.

But when that pressure is too high—a result of obesity, genetics or other factors—the walls of blood vessels are damaged. They get weaker, narrower or harder.

Over time, the force of high blood pressure, or hypertension, can impair the arteries' ability to deliver sufficient blood to the

kidneys. In turn, kidneys can't fully perform their critical function of removing waste products and excess fluid from the body.

"There is a clear relationship between hypertension and renal failure that many



M. ISABEL ROBERTI, MD, PHD



RICHARD MANN, MD, MS

THE NATION'S #1 LIVING DONOR KIDNEY TRANSPLANT PROGRAM

Humans need only one kidney, so a person with two healthy kidneys can donate one of them to a desperately ill patient. Many people do just that, thanks to the world-class Living Donor Kidney Transplant program at Saint Barnabas Medical Center, which is ranked number one in the country. To learn more about kidney transplants or the Living Donor Institute at SBMC, visit www.rwjbh.org/sbmcckidneytransplant.



At right: The care team from the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center.

To learn more about kidney transplant services at RWJBarnabas Health, visit www.rwjbh.org/kidneytransplant.

people may not be aware of," says Richard Mann, MD, MS, Medical Director of the Renal and Pancreas Transplant Program at RWJUH New Brunswick and Rutgers Robert Wood Johnson Medical School. "In many cases, hypertension plays a role in the progression of injury to the kidney and, in some cases, hypertension is the primary cause of renal injury."

A COMMON PROBLEM

More than half of the U.S. population over age 20 has high blood pressure, and an estimated 3.5 percent of children and teens have it as well. "For a long time, pediatric hypertension was an under-recognized problem," says M. Isabel Roberti, MD, PhD, Director of the Children's Kidney Center at Saint Barnabas Medical Center. "Now the recommendation is for blood pressure screenings to begin as early as age 3."

A "silent" disease, hypertension can go undetected without regular screening. "The earlier we catch hypertension, the better," says Dr. Roberti. "Damage due to high blood pressure in children and teens is reversible, and action now can prevent their having kidney problems as adults." The good news is that, in both children and adults, hypertension is treatable with a multi-pronged approach including medication, diet changes and exercise.

A New **State of Health** for **NEW JERSEY**, for the **NATION**, for the **WORLD**

RWJBarnabas Health and Rutgers University launch the state's largest academic health system

With the partnership of RWJBarnabas Health and Rutgers University, it is the dawn of an incredible new era in health.

Jointly, RWJBarnabas Health and Rutgers University will operate a world-class academic health system dedicated to high-quality patient care, life changing research and clinical training of tomorrow's health care workforce. By partnering, these two higher education and health care industry leaders will improve access to care and reduce health disparities in New Jersey and across the nation.

At the center of all of this are the patients who will benefit from increased access to a world-class academic health system, clinical innovation, groundbreaking research and newly developed centers of excellence, as well as more providers that families need to manage their health and wellness.



Babies, mothers and family members appreciate the new rooms' comfort.



NINE FACTS YOU SHOULD KNOW

World-class care is here for your family, right in your neighborhood, at Children's Hospital of New Jersey at Newark Beth Israel Medical Center (NBI).

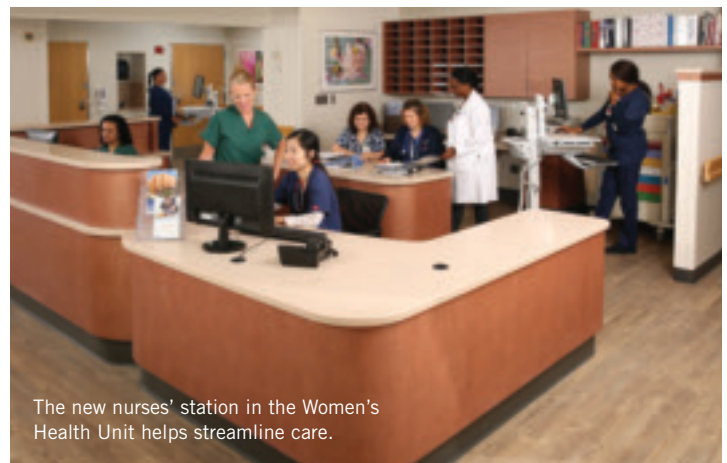
- 1. Access to a Level IV NICU.** Our Neonatal Intensive Care Unit offers the highest level of care for newborns in need of additional medical support. Infants from across the region are sent to NBI to receive care.
- 2. Newborn Heart Screenings.** In addition to receiving all mandated screenings, newborns at NBI are screened for possible heart defects and congenital cardiac conditions.
- 3. A Children's Heart Center.** Children living with cardiac conditions have access to specialized care, including New Jersey's only pediatric interventional cardiology program, and a world-class surgical team.
- 4. Labor and Delivery Tours.** Expecting mothers can schedule a tour of our labor and delivery unit by calling 973-926-8022.
- 5. ECMO Therapy.** Children's Hospital of New Jersey is the first center to offer Extracorporeal Membrane Oxygenation (ECMO) therapy, a lifesaving technique that mimics the natural function of the heart and lungs.
- 6. The Valerie Fund.** NBI is home to the largest Valerie Fund Children's Center for Cancer and Blood Disorders in New Jersey, providing state-of-the-art medical care in a happy, upbeat, child-focused environment.
- 7. Child Life Specialists.** NBI's Child Life Specialists provide therapeutic play, preparation and education to reduce fear, anxiety and pain for infants, children and youth in our pediatric emergency department; our Valerie Fund Hematology/Oncology Clinic; our general pediatric unit; and our pediatric cardiac intensive care unit.
- 8. Sickle Cell and Hemophilia Care.** NBI treats more sickle cell anemia cases than any other New Jersey hospital. Our Hemophilia Center has the latest treatments for bleeding and clotting disorders.
- 9. High-Risk Infant Follow-Up Program.** The NBI team provides comprehensive medical and developmental care for the needs of our NICU newborns from infancy into early childhood.

OH, BABY!

PRIVATE ROOMS PROVIDE A WELCOMING ENVIRONMENT FOR NEWBORNS AND THEIR MOMS.

More than 3,000 babies are born at Newark Beth Israel Medical Center every year. Now, the new 34-bed Women's Health Unit offers spacious private rooms, including more than a dozen newly renovated spaces. Each room has Wi-Fi access, a lounge chair for overnight guests and a private bathroom.

The private rooms mean that mothers can feel more comfortable rooming in with their babies throughout the length of their stay, and can work one-on-one with a lactation nurse to make breastfeeding a rewarding experience. Once discharged, families are encouraged to continue to take advantage of the expert medical care available at Children's Hospital of New Jersey (see sidebar at left), which offers more than 30 pediatric specialties.



The new nurses' station in the Women's Health Unit helps streamline care.

Children's Hospital of New Jersey at NBI Medical Center is located at 201 Lyons Avenue at Osborne Terrace in Newark. To learn more, call 973-926-7000.

BETTER HEART IMAGING FOR KIDS

**A NEW STATE-OF-THE-ART CT SCANNER
MAKES DISCOVERING THE CAUSE OF HEART
PROBLEMS EASIER ON CHILDREN.**

It's not always easy to diagnose a child's heart problem. On top of an already stressful situation for the family, children may need to be sedated and undergo multiple stages of testing.

Diagnostic tests can include CT scans (computed tomography, an X-ray technique that rotates around the body to produce detailed images of organs) and cardiac catheterization (a procedure that involves threading a long, thin tube into the blood vessels to access the heart).

Fortunately, Children's Hospital of New Jersey at Newark Beth Israel Medical Center (NBI) has a new 256 Slice GE Revolution CT scanner that makes diagnosing a heart condition faster and safer than ever before. It freezes cardiac motion in one heartbeat and produces detailed images of the heart, allowing doctors to better understand the problem and form an accurate diagnosis.

"Pictures are much clearer on this scanner, and I get the information I need in a matter of seconds," says Mark Michael, DO, a pediatric cardiologist at The Children's Heart Center who specializes in cardiac imaging. "In many cases, we can determine if a child is a candidate for a certain procedure before he or she even goes to the catheterization lab."

LOWER RADIATION EXPOSURE

Commonly used CT scanners expose patients to radiation levels equivalent to 20 standard X-rays. They also present specific challenges for cases involving children. "Traditional CT scanners require children to lie still for quite a while, and it's harder to obtain clear images due to their faster heart rates," Dr. Michael explains.

By scanning an entire organ and



MARK MICHAEL, DO, reads images made by the new 256 Slice GE Revolution CT scanner. Faster and quieter than most scanners, it allows for quicker and more comfortable testing for children.

producing high-quality images in less than one second, the new CT scanner exposes children to much lower levels of radiation and allows them to undergo the test with little or no sedation. "With the GE Revolution scanner, I was able to perform a scan on a child as young as 5 years old with very light sedation," Dr. Michael reports, "and achieve an 80 percent reduction in radiation dose."

The new CT scanner is one of the many sophisticated imaging and diagnostic tools available at The Children's Heart Center at NBI, which also offers dedicated pediatric surgical and catheterization facilities, a Cardiac Intensive Care Unit and New Jersey's only ECMO (Extracorporeal Membrane Oxygenation) program. The Children's Heart Center can provide emergency transportation for critically ill infants and children throughout the region.

For more information about Children's Hospital of New Jersey at Newark Beth Israel Medical Center, visit rwjbh.org/ChildrensHospital. To make an appointment, call 973-926-3500.



At left: George Martin, 1986 New York Giants captain and Super Bowl XXI Champion, will be the moderator at the 2018 Men's Health & Wellness Night, as he was at the 2017 event, pictured below.

RAY MURPHY MEN'S HEALTH & WELLNESS NIGHT, NOV. 12

This annual event is named in honor of Ray Murphy, a dedicated Newark Beth Israel Medical Center employee who battled cancer for nearly 20 years. The event empowers men to become active participants in their healthcare by getting routine health screenings and learning from experts in urology, internal medicine, diabetes, mental health and much more.

"Attendees have an opportunity to get screenings, talk with expert physicians and later enjoy a fun evening of Monday Night Football with friends and hospital staff," says Anthony Isedeh, MD.

NBI's annual Ray Murphy Men's Health & Wellness Night will be held on Monday, November 12, at 5 p.m. at Maplewood Country Club. Admission is complimentary, but space is limited. To register online, visit rwjbh.org/nbimenshealth or call 973-926-7884.



MEN'S HEALTH MATTERS

A TAKE-CARE-OF-YOURSELF CHECKLIST FOR MEN AT EVERY AGE AND STAGE OF LIFE

Men, take charge of your health! That's the message of the annual Ray Murphy Men's Health & Wellness Night hosted by Newark Beth Israel Medical Center (see sidebar, top right).

For regular self-care, make a plan with your general practitioner, who will be happy to help. Anthony Isedeh, MD, a specialist in internal medicine at Newark Beth Israel Medical Center, and a frequent panelist at the annual Men's Health & Wellness Night event, suggests these screening milestones for men, in addition to a yearly checkup.



ANTHONY ISEDEH, MD

- ALL MEN:** Get screened for obesity and, if needed, get counseling and behavioral interventions to promote sustained weight loss.
- AT 18:** Get a hypertension screening.
- AT 35:** Start getting your blood cholesterol levels checked annually.
- AT 45:** Schedule your first screening for colorectal (colon or rectal) cancer with a colonoscopy; if you have a positive family history, screening can start earlier.
- AT 53 AND OLDER:** If you were born between 1945 and 1965, get a blood test to check for hepatitis C.
- AT 55:** Begin annual screening for lung

cancer with a low-dose CT scan between the ages of 55 to 80 if any of these applies: You have a 30 pack/year smoking history (e.g., smoked one pack/day for 30 years or two packs/day for 15 years), you smoke now or you have quit within the past 15 years.

- ALL MEN 65 OR YOUNGER:** Regardless of perceived risks, get screened yearly for HIV.
- BETWEEN 65 AND 75:** If you have ever smoked tobacco, get an ultrasound to screen for abdominal aortic aneurysm.
- AT 70:** Get a bone mineral density test for osteoporosis. (Also recommended for men 50 to 69 years who have additional risk factors; check with your doctor.)



When Craig Lawton entered a nursing home at age 54, he did not expect to ever leave.

The former high school athlete had stayed fit his entire life with the help of manual labor, including landscaping. But a lifelong addiction to cigarettes landed him in the doctor's office, where he was diagnosed with emphysema.

"As soon as I was diagnosed, I threw my pack of cigarettes out at the doctor's office," Craig recalls. Unfortunately, despite Craig's quitting cold turkey that day, the damage had already been done. "My breathing kept on getting worse and worse, and I had to quit my construction survey job because it got to the point where I could barely walk three steps without being bent over and gasping for air," he says.

Craig's condition deteriorated so quickly that by the end of the year he was in an intensive care unit, where "the minister from church and my relatives came to say goodbye. I was down to a hundred pounds." Upon making a modest recovery, he was sent to a nursing home, where an astute internist recognized that he was quite young to have stage 4 (very severe) emphysema. At the internist's suggestion, Craig was tested for Alpha-1, a rare genetic lung and liver disease. The test was positive.

Being diagnosed with a second lung disease explained the speed of Craig's declining lung health, and also opened the door to a possible treatment. "My pulmonologist suggested that I go to Newark Beth Israel Medical Center and get an evaluation for a possible lung transplant. After my evaluation, the surgeon there said, 'Craig, you can either go for the transplant or you'll die in six months in the nursing home,'" Craig recalls, "I figured at that point, I had nothing to lose."

"At Newark Beth Israel Medical Center [NBI], our Advanced Lung Disease and Transplant Program is particularly adept at providing comprehensive medical care to patients with complex medical conditions like Craig Lawton," says Martin Strueber, MD, Surgical Director of Cardiothoracic Transplantation and Mechanical Circulatory Support at NBI.

A MATCH IS MADE

Just two weeks later, a viable match became available and Craig received

THE GIFT OF BREATH

A GRATEFUL MAN CELEBRATES HIS 10TH ANNIVERSARY AS A LUNG TRANSPLANT RECIPIENT.

To learn more about Newark Beth Israel Medical Center's Advanced Lung Disease and Transplant Program, call 888-NJLung1.



Celebrating Craig Lawton's anniversary: opposite page, left to right: Jan Hines, Assistant Director, Transplant Community Relations, New Jersey Sharing Network; Craig Lawton; Gail Clegg, mother of Craig's lung donor. Above, left to right: Darrell K. Terry, Sr., President and CEO, NBI and Children's Hospital of New Jersey; Christina Migliore, MD, Associate Director, Pulmonary Hypertension; Harpreet Singh Grewal, MD, Transplant Pulmonologist; Craig Lawton; Vipul J. Patel, MD, Associate Medical Director, Lung Transplant; Roh Yanagida, MD, Surgical Director, Lung Transplant; Thomas Kaleekal, MD, Medical Director, Lung Transplant.

a new right lung. Not long afterward, Craig was able to take a breath without supplemental oxygen for the first time in nearly two years.

Craig, now 64, celebrated the tenth anniversary of his lung transplant on August 26, 2018, making him the longest-surviving recipient at NBI. To say his lung transplant gave him a new lease on life would be an understatement. "I have a job, working about 25 hours per week driving a truck delivering auto parts, I stay physically active, working out two or three times a week, I write music and I play guitar in a band called Old Dogs, New Tricks," he says.

Craig's inspiring story is known, heard and felt throughout the hospital's lung program today, according to Roh Yanagida, MD, Surgical Director of NBI's Lung Transplant Program. It also exemplifies the high standard of care that transplant patients can expect at the program. "Not only do we have the

expertise and experience, but we are the one and only lung transplant program in the state of New Jersey," Dr. Yanagida says. "A transplant requires a big commitment, not just from the patient, but from the entire family. Having the hospital closer to home provides a big advantage for everyone."

Craig returns to NBI regularly to

speaking, and to counsel and mentor pre- and post-transplant patients. He also teams up with the mother of his lung donor (with whom he's developed a close bond) to speak at high schools about the importance of organ donation.

"If you almost die and come back, you don't take life for granted anymore," Craig notes. "I'm a little more positive than most people."



HELP FOR ADVANCED LUNG DISEASE

The Advanced Lung Disease and Transplant Program at Newark Beth Israel Medical Center (NBI) is New Jersey's only lung transplant center, providing a convenient location so friends and family can spend more time visiting and less time traveling. The multidisciplinary team offers lung transplants as well as complete treatment and management of chronic and complex lung disease.

While the primary goal of the program is to identify suitable candidates for a transplant, evaluation at the center can also benefit patients suffering from disabling lung disease whose condition continues to worsen despite maximum medical management. NBI performs an average of 15 to 20 lung transplants per year, with some of the best outcomes nationwide.

We



Newark.

1,000 hearts transplanted. Countless lives touched.

RWJBarnabas Health has the fifth largest adult heart transplant program in the nation. And Newark Beth Israel is where it all began—the first and largest heart transplant center in New Jersey. Today, we celebrate more than 1,000 hearts transplanted, but perhaps more than anything, we pause to celebrate the sons and daughters, mothers and fathers, brothers and sisters and friends and relatives who have been transformed by transplant.

You are the heroes of this story. You continue to inspire us.

**Newark Beth Israel
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.

rwjbh.org/hearttransplant



FROM HOSPITAL FARM TO COMMUNITY TABLE

NEWARK BETH ISRAEL'S GREENHOUSE AND FARMERS MARKET PROVIDE AN ABUNDANCE OF GOOD FOOD—AND GOOD IDEAS.

Fresh fruits and vegetables at affordable prices is a recipe for better health. But those things can be hard to come by in the South Ward of Newark. “It’s what we call a ‘food insecure’ area,” explains Kerri Likakis, a registered dietitian who serves as a Wellness Business Partner with Newark Beth Israel Medical Center (NBI). “Residents without their own transportation may need to take two bus rides to get to the nearest supermarket.”

That’s why NBI has been growing its own food and providing it at low or no cost to the community—and educating local residents on healthy eating in the process.

Located on the hospital premises, NBI’s The Beth Greenhouse uses hydroponic farming (a method that substitutes nutrient-rich water for soil) to grow vegetables, fruits and

herbs year-round. About 5,000 pounds of food is harvested in this urban garden each year, providing produce for a low-cost, indoor Farmers Market (located just off the hospital’s main lobby) as well as several local food pantries. Last year, the Farmers Market became the first hospital-based vendor in New Jersey SNAP (Supplemental Nutrition Assistance Program), allowing it to accept SNAP benefits as a payment option.

Proceeds from sales are put toward health and wellness activities organized for the local community, including educational events at the Greenhouse. One of these is KidsFit, which introduces children to gardening and healthy eating. “As nutritionists, we’re always promoting more fresh fruits and vegetables,” Likakis says. “But those recommendations are

Students visit The Beth Greenhouse, located at the corner of Osborne Terrace and Lehigh Avenue at Newark Beth Israel Medical Center.

difficult to follow for those who can’t access or afford fresh produce. Our cooking classes in the Reverend Dr. Ronald B. Christian Community Health and Wellness Center also introduce the children and adults to new vegetables, making them more inclined to use their food dollars to purchase healthy foods their family will eat.”

The Greenhouse hosts field trips from interested schools and local organizations year-round, and Likakis and other nutritionists run cooking classes through the Wellness Center. “We teach people how to prepare and cook a healthy meal, including meals that meet their specific dietary needs,” says Likakis, “with low-sodium, heart-healthy and diabetic-friendly recipes.”

TO LEARN MORE: The Farmers Market is open to the public every Thursday (except major holidays) from 11 a.m. to 4 p.m. For more information about The Beth Greenhouse and its related programs, visit rwjbh.org/bethgreenhouse.

201 Lyons Ave., Newark, NJ 07112

AN OPEN EAR TO HELP OVERCOME FEAR

**NEWARK BETH ISRAEL MEDICAL
CENTER RECEIVES FUNDING FROM
KOMEN NORTH JERSEY FOR A UNIQUE
BREAST CANCER SUPPORT PROGRAM.**

Newark Beth Israel Medical Center has received a \$45,000 grant from Komen North Jersey, an affiliate of Susan G. Komen, to support “An Open Ear,” a program designed to remove barriers to receiving timely breast cancer treatment.

The program will fund a Breast Cancer Social Worker at the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center. The social worker will address patients’ cultural fears and concerns about cancer and its treatments; reduce their



stress and anxiety; and facilitate obtaining health insurance coverage, accessing community social services, home care and transportation.

“Our social workers are essential members of our multidisciplinary team of hematologists, oncologists, radiation oncologists, surgeons, registered nurses, genetic counselors, patient navigators, nutritionists, and physical therapists. We are all working together to ensure that all of our patients, regardless of race, ethnicity or economic status, receive the best medical treatments available,” says Alice J. Cohen, MD, FACP, Director, Division of Hematology/Oncology, Director of the Frederick B. Cohen, MD, Comprehensive Cancer and Blood

RWJBarnabas Health and Newark Beth Israel Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-designated Comprehensive Cancer Center—bring a world-class team of researchers and specialists to fight alongside you, providing close-to-home access to the latest treatments and clinical trials.

Disorders Center.

This program, which has been funded by Komen North Jersey since 2002, enables patients who often face socioeconomic barriers to healthcare to receive timely medical care and to easily navigate through the diagnosis and treatment phases of their illness.

For more information about “An Open Ear” at Newark Beth Israel Medical Center, please call 973-926-7230.

To support the Cohen Cancer Center, go to www.newarkbethgiving.org or call 973-926-7018.