

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

Spring 2022

healthy

together



**6 WAYS TO A
STRONGER
HEART**

**GET YOUR
BODY READY
FOR SPRING**

**BREAST
CANCER
CARE GUIDE**

**CANCER:
TOMORROW'S
TREATMENTS
TODAY**

MESSAGES FROM LEADERSHIP



“During the recent omicron surge, our healthcare workers went above and beyond during an extraordinarily difficult time. Their commitment to their patients and the community was incredibly gratifying and is representative of the extraordinary dedication of our RWJBarnabas Health workforce.”

BARRY H. OSTROWSKY

CHIEF EXECUTIVE OFFICER, RWJBARNABAS HEALTH



“As we faced many new challenges earlier this year, the entire team at Robert Wood Johnson University Hospital Hamilton, including those in nonclinical roles like dietary, environmental services, security, pastoral care and volunteers—even while managing their own health—continued to serve our patients, their families and loved ones with hard work, dedication and quality care, and I couldn’t be more proud. We are extremely grateful and appreciate them.”

RICHARD FREEMAN

PRESIDENT AND CHIEF EXECUTIVE OFFICER
ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL HAMILTON

Robert Wood Johnson University Hospital Hamilton | RWJBarnabas Health

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HEALTH NEWS



From left are Natalie T., Caroline W. and Adriana T., with Tiffany Blandi, RN, a nurse at RWJUH Hamilton and Rutgers Cancer Institute of New Jersey.

SOWING ENCOURAGEMENT AT THE CANCER CENTER

A youth service project led by Adriana T. of the New Jersey and Pennsylvania American Quarter Horse Youth Association Region 5 and 6 (a division of parent organization American Quarter Horse Association) had a mission at a recent leadership conference hosted in Cream Ridge. The youth not only took part in equine activities and discussions but also assembled, decorated and potted 50 live

succulent plants that were accompanied by notes and cards of encouragement and positivity for patients at Robert Wood Johnson University Hospital (RWJUH) Hamilton’s Cancer Center and Infusion Center. In addition to participating in the compassionate activity, a few of the youth personally delivered the gifts to the Cancer Center.



YOUR CHANCE TO WIN A DESIGNER HANDBAG

Renowned for its community functions, RWJUH Hamilton’s Community Impact Alliance (CIA) is reprising a popular event: Designer Handbag Bingo will be held May 6, 2022, at the RWJ Fitness and Wellness Center, 3100 Quakerbridge Road, in Hamilton. Doors open at 6 p.m.

Formerly the RWJUH Hamilton Auxiliary, the CIA consists of community leaders and members who strive to improve the quality of healthcare provided to the hospital’s patients and the greater community through advocacy, fundraising and service. Many CIA members once also participated in the hospital’s Young Professionals Group (see page 17).

All proceeds from Designer Handbag Bingo will benefit RWJUH Hamilton patient assistance funding. Bring a donation of diapers or baby wipes for TruDouglas of New Jersey and receive an extra door prize entry! For more information, email communityimpactRWJ@gmail.com or call 609.584.5900.

healthy *together* contents

SPRING 2022



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CLASSES FOR HEALTHY LIVING

All programs are **IN PERSON** unless otherwise noted. In-person classes will be limited in size and held at the RWJUH Hamilton Fitness and Wellness Center. Attendees will be required to bring a mask and practice social distancing to help ensure the safety of everyone present. For more information or to register, call the Health Connection at 609.584.5900 or visit us online at rwjbh.org/events.



1st Saturday Walks: Walking in Nature—A Prescription for Better Health

Come discover the Abbott Marshlands with a knowledgeable guide. Each 1st Saturday Walk will explore a different part of this rich and diverse natural area. Guides and locations will vary so that all marshland trails will be explored during the year. For meeting times, location, trails and cancellation information, go to <https://abbottmarshlands.org/>.

State Health Insurance Assistance Program (SHIP)

Trained counselors provide free, objective, confidential help on questions and issues related to Medicare. To make an appointment, call 609.695.6274, ext. 215.

BEDSIDE HARP®

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

The AARP Driving Course

Mon., May 2, June 6 & July 11; 9 a.m. to 3 p.m.

Be a safer, better driver. Most insurance companies will lower your premium with a completion certificate. Bring your NJ or PA driver's license. Fee: \$20 for AARP members presenting a valid AARP card; \$25 for nonmembers. Cash or check only to AARP. Call 609.584.5900 for more information.

Dementia and Hearing Loss: Can Early Correction Improve the Incidence of Dementia?

Tue., May 17; 10 to 11 a.m.

Hearing loss is the third most prevalent chronic health condition facing older adults. Delaying treatment can cause feelings of depression, anxiety, frustration and social isolation. Join audiologist Lorraine Sgarlato, AuD, and understand the link between hearing loss and dementia.

Hearing Aid Demonstration with Manufacturer Representative

Thu., May 19; 10 to 11 a.m.

Join us as we provide information on the latest in hearing aid technology along with a hands-on demonstration. A representative from Phonak Hearing Technology will be available to answer your questions.

Sports and Orthopedic Health for Athletes of All Ages

Tue., May 24; 6:30 to 8 p.m.

Join Michael R. Duch, MD, board-certified orthopedic surgeon, fellowship-trained in sports medicine, as he discusses proper orthopedic care of athletes of all ages. Topics include prevention, injury and healing. A light dinner is included.

Orthopedic Open House

Tue., June 14; 6:30 to 8 p.m.

Discover the latest advances in knee and hip replacement surgery, including robotic-assisted surgery. Learn how the Center for Orthopedic & Spine Health and our rehabilitation team prepare you for a successful joint replacement. Dinner is included. John Nolan Jr., MD, an orthopedic surgeon fellowship-trained in sports medicine, along with RWJUH Hamilton physical therapists Sarah Masco, MS, OTR/L, CLT-LANA, and Courtney Fluehr, PT, DPT

Physical Therapy for the Pelvic Floor: The Impact on Bladder, Bowel and Sexual Health

Thu., June 16; 10 to 11 a.m.

Learn how physical therapy can improve pelvic health in women and men. Explore what the pelvic floor muscles are and how they can affect conditions like bladder urgency, incontinence, constipation, pain with intimacy and more. Michelle Dela Rosa, PT, DPT, PRPC

New Developments in Hearing Aids: Computer Technology for Your Ears!

Tue., June 21; 10 to 11 a.m.

Technological advances in hearing aids allow us to connect to our world in an exciting way. With Bluetooth technology, we can now stream content, use smartphones and more with ease. A hands-on demonstration of hearing aids will be available after the lecture. Lorraine Sgarlato, AuD

Hearing Aids and Smartphones

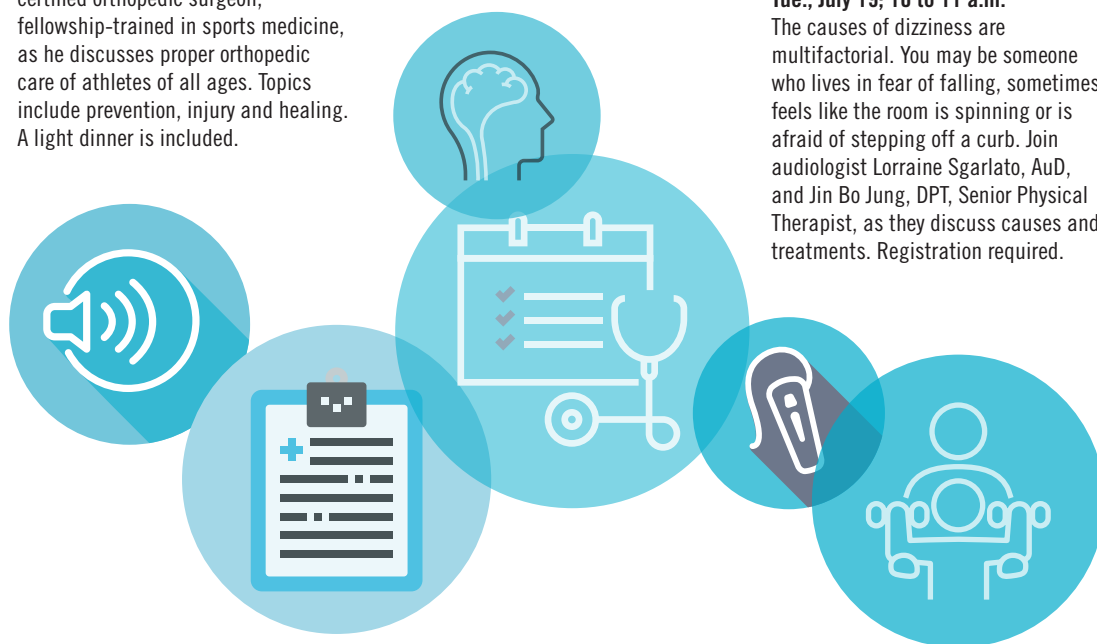
Thu., June 23; 10 to 11 a.m.

Would you like to be able to pair your cell phone with your hearing aids so you can listen to music, television and more? Join audiologist Lorraine Sgarlato, AuD, for step-by-step instruction. Hearing aids must have Bluetooth technology. If you're not sure if yours does, come and we will help you find out.

Help! My Head Is Spinning! Understanding Why Many Adults Develop Dizziness

Tue., July 19; 10 to 11 a.m.

The causes of dizziness are multifactorial. You may be someone who lives in fear of falling, sometimes feels like the room is spinning or is afraid of stepping off a curb. Join audiologist Lorraine Sgarlato, AuD, and Jin Bo Jung, DPT, Senior Physical Therapist, as they discuss causes and treatments. Registration required.





BODY

NUTRITION, FITNESS
& WELLNESS

Kids in the Kitchen

Tuesdays, 5 to 6:30 p.m.

Cook up some fun and sample healthy foods in new ways! For children ages 5 and older with a parent/caregiver. Register early; class size is limited. Fee: \$5 per child, \$5 per parent/caregiver for in-person attendance. Alyssa Luning, RD, CSOWM

- **May 3: Mother's Day Brunch**

Learn how to whip up a few sweet and savory recipes to celebrate life.

- **June 21: Splash into Smoothie Bowls**

Hello, summer! Meet "nice cream," a frozen treat—perfect for a hot day—that can be so good for you ... and even enjoyed for breakfast!

- **July 19: Picnic Like a Pro**

July is National Picnic Month. Get into the spirit with the perfect picnic foods for the backyard or down the shore.

Ask the Dietitian

Tue., May 10, June 7 & July 5; 9 to 11 a.m.

Do you have a question about diet and nutrition? Join Community Ed Dietitian Alyssa Luning, RD, CSOWM, for a one-on-one Q&A and receive an optional body fat screening. Registration required.

"Love Your Heart" Discussion Group

Thu., May 12; 6 to 7:30 p.m.

Difficult emotions, such as depression, as well as unhealthy nutrition can put us at risk of heart disease. Join us to explore the connection between food and mood, along with a recipe tasting and discussion. Alyssa Luning, RD, CSOWM, and Patti McDougall, Integrative RN

Clinical Culinary Nutrition

Tuesdays, 5 to 6:30 p.m.

Get up to date on current nutrition issues, hear from other health/culinary professionals and sample tasty new recipes with our registered dietitians. Space is limited; register at least 48 hours prior to event. Fee: \$5 per in-person participant. Alyssa Luning, RD, CSOWM

May 17: Dietary Intervention to Promote Fertility

Are you or is someone you know interested in starting a family?

The way we eat has a direct influence on our hormones. Discover the connection as it applies to both women and men. Bonus resources from Samantha Stimmel, MD, a family medicine practitioner in New York City. On the menu: tea party!

June 14: PSA: Processed Meats and Colorectal Cancer

It's no surprise that these foods are not nutritious, but did you know they can be harmful?

Colorectal cancer is on the rise, especially in young people. Get the facts and find out how to have a safe and fun barbecue season. On the menu: barbecue!

June 28: What Is the Low FODMAP Diet for IBS?

Let's talk about gut stuff and work through the science behind the low FODMAP diet, recipes and lifestyle modifications to improve symptoms of IBS. On the menu: summer rolls!

July 12: Eating Well to Support Your Bones

They say vitamin D and calcium are the tickets for good bone

health ... but is there more to it? Learn why food sources of nutrients trump supplements and how to get them into your daily routine. On the menu: quiche!

Weight Management Post-COVID-19

Wed., June 8; 6 to 7 p.m.

Whether you aim to lose, gain or maintain weight, a change in routine can throw you off your game. COVID has been an enormous game changer for many of us. Let's talk about it and plan how to move forward together. Alyssa Luning, RD, CSOWM

Documentary Screening: 'Forks Over Knives'

Wed., July 27; 6:30 to 8 p.m.

"Forks Over Knives," a 2011 American film, advocates a low-fat, whole food and vegan diet as a way to avoid or reverse several chronic diseases. The documentary features nutritionist T. Colin Campbell and surgeon Caldwell B. Esselstyn Jr., MD. Light refreshments will be served.

VIRTUAL PROGRAMS

The Science of Flavor

Fri., May 13; 10 to 11 a.m.

Have you ever caramelized onions or roasted garlic? How delicious! But why? Discover how different ingredients and cooking methods can influence the outcomes of some of our basic favorite foods, based on science. Alyssa Luning, RD, CSOWM

What's in the Box?

Thu., May 26, June 23 & July 21; 4:30 to 5:30 p.m.

One word: "summertime"! The growing season is here, and there are so many things to be grateful for. Each session will cover a star seasonal ingredient and a recipe or two to make it shine. Get tips from special guest forager and foodie Taryn Krietzman, RDN, from Rutgers, the State University of New Jersey.

The Keto Diet Crash

Fri., July 8; 10 to 11 a.m.

Fad diets are tempting. Learn about the origins of the ketogenic diet, its use in clinical settings and its danger to the body. Leave knowing how to nourish your body without compromising your health. Alyssa Luning, RD, CSOWM



SPIRIT

HOLISTIC HEALTH

The Spa Within: A Meditation Experience for Everyone

Tue., May 10; 6:30 to 8 p.m.

We will feed the body with a few simple movements to clear and ground us. We will feed the mind with a poem, then experience a guided meditation to beauty, ease and peace, and round it off with tones of singing bowls. Fee: \$15. Carol Ann Meier

Private Reiki Sessions

Tue., May 17, June 21 & July 19; 3 to 7 p.m., by appointment only

Enjoy the profound relaxation of a private Reiki session. Reiki is a form of energy medicine to help relax the body and soothe the soul. Fee: \$60/hour. Patti McDougall, Integrative RN, Reiki Master/Teacher

HealthRhythms® Drum Circle

Wed., May 18, June 15 & July 20; 7 to 8 p.m.

Come drum with us at this evidence-based program to help lower blood pressure and calm stress. It's also great fun! Drums provided. Fee: \$15

Mindfulness Meditation

Wed., May 18, June 15 & July 20; 1 to 2 p.m.

Learn how to calm your busy mind with mindfulness meditation. No experience necessary. Patti McDougall, Integrative RN

Tapping into Natural Healing with the Eden Method

Thu., May 19; 6:30 to 8 p.m.

Experience how simply tapping, touching and massaging different points on the body can help de-stress, rebalance and reenergize the mind, body and spirit. Learn practical applications for daily living for you and your loved ones, based on traditional Chinese medicine techniques and Donna Eden Energy Medicine. Fee: \$15. Siobhan Hutchinson, MA-Holistic Health

Reiki Share

Wed., May 25, June 22 & July 27; 6:30 to 8:30 p.m.

Open to all those attuned to Reiki—at any level—to share the gift of Reiki with other practitioners. Bring a small pillow and blanket. Fee: \$5

Angels Among Us

Thu., June 16; 6:30 to 8:30 p.m.

What are angels, and how can we connect with these celestial beings? We are guided by angels on our life's journey, and they wish joyfully to have their presence known to us. Fee: \$15. Donna Sweeney, Reiki Master, Integrated Energy Therapist

CLASSES FOR HEALTHY LIVING



YOU SUPPORT GROUPS

Nicotine and Tobacco Dependence Treatment Program

Mondays & Wednesdays, 1 to 5 p.m.

One-on-one and walk-in hours for individual/group counseling. Prescriptions for smoking cessation medication (gum, patches, etc.) available upon request. To preregister or for information, contact Michael Kosloski, BA, Certified Tobacco Treatment Specialist, 732.837.9416, or email quitcenter@rwjbh.org.

Nicotine and Tobacco Dependence Treatment Program: Group Discussion

Thursdays, 5 to 6 p.m.

Group counseling. Prescriptions for smoking cessation medication (gum, patches, etc.) available upon request. To preregister or for information, contact Michael Kosloski, BA, Certified Tobacco Treatment Specialist, 732.837.9416, or email quitcenter@rwjbh.org.

Peripheral Neuropathy Support

Call 609.587.7215 for assistance or information.

Bereavement Support

Call 609.631.6980 for registration and location.

Breast Cancer Support Group

First Tuesday of every month, 6:30 p.m.

Please call ahead to confirm attendance: 609.584.2836. This group meets at Rutgers Cancer Institute of New Jersey, 2575 Klockner Road, Hamilton.

Caregiver Series: Caring for Loved Ones with Chronic Conditions

Mondays, 10:30 to 11:30 a.m.

- **May 2:** Seven Stages of Dementia
- **May 16:** Making Placement Decisions
- **June 6:** Dealing with Challenging Behaviors
- **June 13:** Creating a Safe Home Environment
- **July 11:** Controlling Caregiver Burnout
- **July 18:** Hiring a Home Care Worker

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

Adult Children Caring for Parents

Mondays, 5:30 to 7 p.m.

- **May 2:** Dealing with Challenging Behaviors
- **May 16:** Hiring a Home Care Worker
- **June 6:** Controlling Caregiver Burnout
- **June 13:** Making Placement Decisions
- **July 11:** Sibling Conflicts while Caregiving
- **July 18:** Seven Stages of Dementia

An Oaks Integrated Care caregiver specialist will conduct these interactive workshops on crucial topics and facilitate a supportive group experience.

Caregiver Support Group

Wed., May 4, June 1 & July 6;

5:30 to 6:30 p.m.

Supportive discussion group for those caring for a loved one who is aging or has a chronic illness—shared experiences can be healing. An Oaks Integrated Care Senior Well-Being Specialist will facilitate.

Grief & Loss Support Group

Thu., May 5 & 19, June 2 & 16 and July 7 & 21; 1:30 to 2:30 p.m.

If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others.

Bariatric Weight Loss Support Group

Tue., May 10 & July 12; 6 to 7 p.m.

Call 609.584.5900 to register.

Letting Go of Clutter

Tue., May 10, June 14 & July 12; 1:30 to 2:30 p.m.

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

Alzheimer's Support Group

Wed., May 18, June 15 & July 20;

6 to 7 p.m.

Support and information for family and friends of people with Alzheimer's disease.



HEALTH SCREENINGS

Hearing Screening

Tue., May 10, June 14 & July 12;

1 to 3 p.m.

2 Hamilton Health Place, Hamilton Township, NJ 08690

Free; call 609.245.7390 to register. Lorraine Sgarlato, AuD

Fall Prevention/Balance Screening

Tue., May 10, June 14 & July 12;

1 to 3 p.m.

2 Hamilton Health Place, Hamilton Township, NJ 08690

Free; call 609.245.7390 to register. Jin Bo Jung, DPT

Body Fat Screening

Thu., May 5, June 9 & July 7;

10 a.m. to noon

Excess body fat is a preventable risk factor for heart disease. Track your diet and fitness progress and learn how much excess weight is safe to lose. Appointment and registration required.

Memory Screening

Fri., May 20; Tue., June 28; and Fri.,

July 15; 10 a.m. to noon

Are you concerned about “senior moments”? The Mini-Mental State Exam is a quick assessment to discern normal aging versus potential problems. Appointment and registration required.

Osteoporosis Screening

Wed., May 25; Fri., June 10; and Thu., July

21; 10 a.m. to noon

Ultrasound of heel and personalized information. Appointment and registration required.

Take-Home Colorectal Screening

Tue., June 14; 10 to 11 a.m.

Learn how to use a simple take-home test to detect early colon cancer. Registration required.

REGISTRATION IS REQUIRED FOR ALL CLASSES.

Visit www.rwjbh.org/hamiltonbetterhealth or call 609.584.5900.

Select programs will be recorded and available for future viewing. Details will be emailed to Better Health members.

The Better Health Program

AT RWJUH HAMILTON

Rediscover your Mind, Body, & Spirit in Retirement

Better Health Program

Complimentary Membership at 65+ years old



There's no better time to be 65+ years old, and there's no better place to experience it than at the Better Health Program at Robert Wood Johnson University Hospital (RWJUH) Hamilton. This complimentary program's mantra is "Rediscover your mind, body and spirit in retirement." Members meet like-minded people and learn from doctors and other professionals who make your well-being a priority.

The programs listed below are exclusively for Better Health members. Registration is required for each one. To become a Better Health member or register for a program, call the Health Connection at 609.584.5900 or visit us online at www.rwjbh.org/hamiltonbetterhealth.

Lessons in the Kitchen

Wed., May 4; 11 a.m. to 1 p.m.

Alyssa Luning, RD, CSOWM, will teach participants how to create a healthy meal from start to finish.

Tai Chi

Thu., May 5 & 19,

June 9 & 23 and July 7 & 21;
10 to 11 a.m.

Tony Jackson focuses on improving balance and strengthening legs. Gently stretch to improve flexibility. Learn how to get up if you fall. Must be a Better Health member to attend. Registration required.

Acupuncture Benefits from a Medical Doctor's Perspective

Tue., May 10; 1 to 2 p.m.

Please join us for an engaging conversation with Cindy Geng, MD, about the benefits of combining acupuncture with medical treatment.

Vertigo: Causes, Symptoms & Treatments

Tue., May 10; 10 to 11 a.m.

Discuss vertigo with audiologist Lorraine Sgarlato, AuD.

Spring Fling

Thu., May 12; 2 to 5 p.m.

Let's celebrate spring together with music, fun and snacks. Must be a Better Health member to attend. Registration required.

Grounds for Sculpture Wellness Walk

Tue., May 17; 9:30 to 10:30 a.m.

(Rain date: Fri., May 20)

Better Health members are invited to join the group for a guided wellness walk at Grounds for Sculpture! Feast your eyes on the ambiance and art and enjoy the outdoors. Members are invited to enjoy GFS for the remainder of the day. Must be a Better Health Program member to attend; the complimentary program is a benefit of membership. Space is limited; advance registration required.

LIVING YOUR BEST LIFE SYMPOSIUM

Tue., June 7;
10 a.m. to 2 p.m.

Be our guest at this first Living Your Best Life Symposium! RWJUH Hamilton and Mobility Doctor proudly present keynote speaker Jessica L. Israel, MD, Senior Vice President of Geriatrics and Palliative Care and Corporate Director of the James and Sharon Maida Geriatrics Institute, RWJ Barnabas Health, and a panel discussion on the future of geriatrics and independent living. The event will offer free health screenings and demonstrations of great gadgets to make your life easier. Lunch will be provided. This event is available to Better Health members only, and seating is limited. Registration required. Call 609.584.5900 or visit rwjbh.org/hamiltonbetterhealth.



Successful Aging 4-Part Series

Wed., May 18 & 25 and June 1 & 8;

10 to 11 a.m.

Studies have shown that we are in control of 70 percent of how we age. Kelly Astbury of The Landing will share how we can make a positive impact on our aging experience.

'Home at Last' Book Signing & Discussion

Tue., May 24; 2 to 3 p.m.

Author Sarada Chiruvolu shares her journey seeking enlightened consciousness through the discipline of meditation, which she pursued while grounded in work, family and community, and describes how that inner energy and realization integrated with her life.

Weight Lifting and the Benefits to Seniors

Tue., June 14; 10 to 11 a.m.

Join us as we invite our fitness partners to discuss the benefits of weight lifting for seniors.

Plant-Based Meals One at a Time

Tue., June 21; 11 a.m. to 1 p.m.

If you want to add more vegetables to your diet, join us to learn how to accomplish that, one meal at a time. Alyssa Luning, RD, CSOWM

Grounds for Sculpture, Ceramics

Tue., July 12; 10 a.m. to noon

Join us at Grounds for Sculpture for this

DISCUSSIONS WITH SARA I. ALI, MD,

Geriatric and Internal Medicine

Fact or Fiction, Lunch & Learn

Thursdays, 12:30 to 2 p.m.

- **May 26:** Be part of an interactive discussion about diabetes, high blood pressure and congestive heart failure. Learn the truth about what helps and what's good old-fashioned advertising.
- **June 16:** Dr. Ali will lead this interactive discussion on the facts and myths regarding vaccines, coronary artery disease, obesity and screenings. Find out what works and what doesn't.
- **July 14:** What are the top seven geriatric chronic illnesses? Learn from Dr. Ali about what can help or possibly worsen these conditions.

hands-on activity, either hand or wheel building; attendees will create cups or pots. This activity is sure to feed your artsy nature while you use your fine motor skills. Must be a Better Health Program member to attend. The complimentary program is a benefit of membership. Space is limited; advance registration required.

Help! My Head Is Spinning! Understanding Why Many Adults Develop Dizziness

Tue., July 19; 10 to 11 a.m.

The causes of dizziness are multifactorial. You may be someone who lives in fear of falling, sometimes feels like the room is spinning or is afraid of stepping off a curb. Join audiologist Lorraine Sgarlato, AuD, and Jin Bo Jung, DPT, Senior Physical Therapist, as they discuss causes and treatments. Registration required.



CARE IN ANY LANGUAGE

A VIDEO-BASED INTERPRETATION SYSTEM HELPS PATIENTS AND FAMILIES COMMUNICATE ACROSS RWJBH.

A new technology has been implemented across RWJBarnabas Health (RWJBH) that breaks down language barriers, eases communication between patients, families and providers, and furthers the health system's mission to overcome health disparities.

Known as MARTTI (My Accessible Real-Time Trusted Interpreter), the technology was implemented at Robert Wood Johnson University Hospital (RWJUH) Hamilton in October 2021. It provides 24/7 access to medical interpreters in more than 250 languages. MARTTI devices resemble IV carts with 12-inch tablets attached and are easily wheeled anywhere they are needed—from the registration desk or triage area to the bedside or physical therapy session.

At any point of care, limited English-proficient (LEP) patients and families can feel confident they will understand

key information about a condition, a treatment or ongoing medical needs, and have the ability to speak up and accurately communicate.

“The MARTTI system helps create a comfort zone for the patient and family, and ultimately improves the patient experience,” says Jill Anderson, MBA, Vice President, Patient Experience at RWJBH.

“We want to make sure LEP community members feel connected with our staff and feel the compassion we bring to patient care,” Anderson continues. “Improving communication has numerous benefits for our limited English-proficient patients and families, including increased patient safety.”

A GROWING NEED

Trends indicate increased need for interpretation services across RWJBH. About one-third of New Jersey residents speak a language other than English at

The MARTTI video system helps RWJUH Hamilton providers communicate with a patient and family using a live interpreter.

home. Nearly 4 million interpretation minutes—a measure of demand for interpretation services—were used across the RWJBH system in 2020, an increase of more than 22 percent from the previous year. About 100 languages have been interpreted, with Spanish the most frequent.

MARTTI can help LEP patients and families as soon as they enter RWJBH inpatient and outpatient facilities. The patient or a family member can point out their country of origin on the MARTTI screen and choose from a list of languages. An on-screen medical interpreter will then converse with them in the patient's native language.

Requests for MARTTI carts at RWJBH have exceeded expectations. Initial estimates were for between 200 and 250 devices, but by the end of January 2022, more than twice that many had rolled out.

Patient response has been enthusiastic. “Patients love it, and the staff has raved about it from both a clinical and safety perspective,” Anderson says.

Seth Rosenbaum, MD, Senior Vice President and Chief Medical Officer at RWJUH Hamilton, and Clinical Assistant Professor, Department of Medicine, Rutgers Robert Wood Johnson Medical School, says many of his patients require translation services.

“Having MARTTI available for use is a tremendous asset to both our patients and staff,” Dr. Rosenbaum says. “It allows our staff to effectively communicate to our patients in their primary language, making them feel more comfortable during some of their most difficult times. MARTTI also helps drive the high-quality care that we provide on a daily basis to everyone here at RWJUH Hamilton.”

To learn more about interpreter services at Robert Wood Johnson University Hospital Hamilton, visit www.rwjbh.org/rwj-university-hospital-hamilton/patients-visitors/special-services/interpreter-services.

3 FAST FACTS ABOUT CANCER CLINICAL TRIALS

HOW RWJBARNABAS HEALTH AND RUTGERS CANCER INSTITUTE OF NEW JERSEY OFFER TOMORROW'S TREATMENTS TODAY

Cancer clinical trials often save lives. If you or a loved one needs treatment for cancer, here's what you should know:

FACT #1 You don't have to travel to a nearby city, such as New York or Philadelphia, to access a clinical trial.

As New Jersey's only National Cancer Institute-Designated Comprehensive Cancer Center, Rutgers Cancer Institute of New Jersey, together with RWJBarnabas Health (RWJBH), offers a wide range of clinical trials, many of which aren't available



HOWARD HOCHSTER, MD

elsewhere.

Patients may participate in a clinical trial either at an RWJBH hospital near where they live or at Rutgers Cancer Institute.

"We've integrated cancer care so that we're putting the standards and expertise of an NCI-Designated Comprehensive Cancer Center, as well as clinical trials, in all 12 hospitals in the RWJBH system," says Howard Hochster, MD, FACP, Director, Oncology Research for RWJBH, and Associate Director, Clinical Research, for Rutgers Cancer Institute.

FACT #2 Clinical trials have led to significant advances in treatment.

Treatments developed through these trials have helped tens of thousands of patients.

For example, Rutgers Cancer Institute:

- Was the first to offer trials with specific immunotherapy drugs that worked for many skin cancers, especially Merkel cell carcinoma.
- Participated in a trial for a first-line colon cancer treatment that led to excellent responses for a number of patients, making them eligible for potentially curative surgery.
- Has pioneered immunotherapy treatments resulting in better management of many cancers, including renal cell cancer and bladder cancer.

"When I started out treating colon cancer 25 years ago, we had only one drug available, and it dated back to the 1960s," says Dr. Hochster. "Since that time, we've developed three new chemotherapy drugs and five new targeted drugs for colon cancer, and all of them were developed through clinical trials. Now people are living with colon cancer, on average, four times as long as they used to."

FACT #3 Clinical trials are not a last resort.

"It's important for people to understand that enrolling in a clinical trial is often an option for a first-line or early treatment," says Dr. Hochster. "These trials are a way for us to give patients the latest treatments before they're widely available. They offer tomorrow's treatments today."

To determine whether a patient would be best suited for a clinical trial or for standard care, each individual case is evaluated by a multidisciplinary team of cancer experts from throughout RWJBH and Rutgers Cancer Institute.

Rutgers Cancer Institute and RWJBH currently offer approximately 270 different clinical trials.

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. To learn more, call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

To learn more about clinical trials at RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, call 844.CANCERNJ or visit www.cinj.org/clinical_trials.





LISTENING TO YOUR HEART

WHAT CAN A DIGITAL CARDIAC DEVICE
TELL YOU ABOUT YOUR HEART'S RHYTHM?

“**C**all your doctor,” said the message on the 87-year-old woman’s Apple Watch.

A regular walker and exerciser, the woman wasn’t feeling right, so she’d



PARTHO SENGUPTA, MD



GARY ROGAL, MD

checked the Heart Rate app. It showed that her heart rate was significantly slower than normal.

Her son took her to the emergency department, where an electrocardiogram determined that there was a problem with the electrical signals in her heart. The next morning, doctors implanted a pacemaker.

“Her diagnosis was clearly aided by her having an Apple Watch,” says the woman’s cardiologist, Gary Rogal, MD, Medical Director for RWJBarnabas Health Cardiovascular Services and a member of RWJBarnabas Health Medical Group. “I believe wearable digital devices

that measure heart rhythm will become a major addition to the diagnostic tool kit for cardiologists.”

Who should wear one of these devices? The short answer: people whose doctors recommend it.

“Wearable cardiac devices are very handy tools, but you have to be selective about how you use them,” says Dr. Rogal.

THE HEART’S RHYTHM

The main value of wearable cardiac technology lies in its ability to detect cardiac arrhythmias, or irregular heartbeats, Dr. Rogal explains. These

condition that's anywhere from harmless to life-threatening.

"If I'm concerned about arrhythmia based on what the patient is telling me, but just can't nail down the diagnosis, I might suggest that a patient use a wearable cardiac device," says Dr. Rogal. "The decision should be made along with a physical exam and a knowledge of the patient's medical history and symptoms. If there's no real reason to have one, wearing the device could do nothing more than make a patient anxious."

NEW TOOLS

An early form of wearable cardiac technology, the Holter monitor, has been around for decades. This device uses electrodes (small, plastic patches on the skin) to record the electrical activity of the heart.

"A patient can wear a Holter monitor for 24 to 48 hours or even longer," Dr. Rogal explains. "The reality is, though, that some patients have arrhythmias once every few weeks or even every few months, and a Holter monitor could miss that," he says. "That's the type of thing a smartwatch would pick up."

Dozens of wearable devices are on the market today. Examples include:

KardiaMobile, a pocket-sized portable EKG machine that allows patients to put their fingers on sensors and share the results with their doctor.

The MCOT Patch System, which monitors the heart rhythm for two weeks via a sensor on the patient's chest.

Other digital cardiac devices, which must be implanted by a physician, are also coming into wider use. Examples include:

A device called **CardioMEMS**, which monitors pulmonary artery pressure and sends the results to a team of clinicians.

A loop recorder, a device smaller than a USB flash drive, that's placed just

underneath the skin near the breastbone. It can continuously record a patient's heart rhythm for up to three years. "If a patient calls me and says, 'Hey, I'm feeling funny, a little lightheaded,' I can interrogate the loop recorder and see what the heart rhythm was during that symptom," says Dr. Rogal.

ARTIFICIAL INTELLIGENCE


The key to the success of these technologies lies in artificial intelligence (AI)—the ability of a computer to compare an individual's data against that of thousands of other patients and flag information that may be significant.

"AI allows information to be provided to the care team in a very nuanced way," says Partho Sengupta, MD, Chief of the Cardiology Service Line at Robert Wood Johnson University Hospital (RWJUH) and Chief of the Division of Cardiology at Robert Wood Johnson Medical School. "The device will only send an alert if it thinks the data is moving in the wrong direction and the patient is not doing well, as opposed to a steady stream of data, which can be overwhelming."

The cardiology team at RWJUH meets regularly with doctors in the community to discuss the digital transformation of cardiology and consider innovations for treatment. Dr. Sengupta and his colleagues are conducting several clinical trials, including one for an armband that can monitor multiple physiological signals and offer personalized recommendations for a patient's care.

"For the future of cardiology, our overall concept is that care starts in the patient's home and ends at home, with the hospital and the clinic only points along the way," Dr. Sengupta says. "In order for us to connect the whole journey, we need to have the ability to continuously monitor a patient's health."

"It's like how we use a GPS to help us on a road journey," he says. "Now it's time to take that approach and apply it to our health journeys."



"FOR THE FUTURE OF CARDIOLOGY, OUR OVERALL CONCEPT IS THAT CARE STARTS IN THE PATIENT'S HOME AND ENDS AT HOME, WITH THE HOSPITAL AND THE CLINIC ONLY POINTS ALONG THE WAY."

Partho Sengupta, MD

occur when the electrical signals that coordinate the heart's beats don't work properly. In turn, the heart can't pump blood effectively.

Symptoms of arrhythmia include a fluttering in the chest, shortness of breath, fainting, dizziness or a feeling that the heart is racing or beating too slowly. The symptoms may be brief or long-lasting, and they can indicate a

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at RWJBarnabas Health, call **888.724.7123** or visit **www.rwjbh.org/heart**.



Two decades after 9/11, double lung transplant recipient Tony Moyet visits the NY Waterway ferry.



THE FREEDOM TO BREATHE

WITH A DOUBLE LUNG TRANSPLANT, A BLOOMFIELD MAN IS REBORN ON THE FOURTH OF JULY.

On Sept. 11, 2001, Tony Moyet began his workday the same way as he had for the previous five years, by transporting about 300 commuters per trip from Hoboken to the World Financial Center in Manhattan on a NY Waterway ferry.

“That morning, though, when I dropped off a set of passengers, I saw the gaping hole in the North Tower, with flames coming out of it,” Moyet recalls. “I radioed [then NY Waterway port captain] Michael McPhillips and told him to send boats down in case we

needed to help people evacuate.”

That was after the first plane hit the World Trade Center. When the second one hit, crowds of people looked frantically for a way out of lower Manhattan. “We were the first boat to start evacuating,” Moyet recalls. “We were facing a stampede.”

He worked until 3 a.m. the next day, transporting people away from danger. For the next year and a half, he continued to work in the Ground Zero area, shuttling federal agents, policemen, firemen and workers from throughout the country to lower Manhattan.

Some two decades later, Moyet himself needed help. In January 2018, he sought care for what he thought was a severe cold with a cough that wouldn’t stop. “My doctor told me it was COPD [chronic obstructive pulmonary disease],” he says. Long-term lung problems are an unfortunate reality for many 9/11 first responders, who breathed in massive amounts of smoke, dust and fumes.



THIRUVENGADAM
ANANDARAGAM, MD



JESUS GOMEZ-ABRAHAM,
MD

FINDING A MATCH

Once Moyet received his COPD diagnosis, his lung function deteriorated rapidly. By spring 2020, he had developed end-stage COPD/emphysema and end-stage advanced pulmonary disease. He needed inhaled oxygen 24 hours a day; he couldn't climb stairs or sleep without it.

"He told me, 'Doc, I just need two more years to see my daughter graduate from high school,'" says pulmonologist Thiruvengadam Anandarangam, MD, Division Chief, Pulmonary and Critical Care Medicine at Newark Beth Israel Medical Center (NBI). "I told him that we're hoping we can give him enough time to see her graduate and also to walk her down the aisle someday."

Moyet's best hope to extend his life was a double lung transplant. "At the time, he was on 17 medications and medical management wasn't providing any more relief," says transplant surgeon Jesus Gomez-Abraham, MD, Associate Surgical Director of Lung Transplantation at NBI and a member of RWJBarnabas Health Medical Group.

Dr. Gomez-Abraham added Moyet to the lung transplant database on Friday, July 2. While the average lung transplant patient waits four months for a match, and even longer when a double lung transplant is required, Moyet's care team found his match the very next day. "That was amazing—very unusual," Dr. Anandarangam says. "He was listed on Friday. On Saturday, we found a donor in a neighboring state. I traveled there to look at the organs, and they matched Tony's size and blood type perfectly."

On Sunday, July 4, Dr. Gomez-Abraham performed the double lung transplant. Eighteen days later, Moyet returned home.

BREATHING EASIER

His fast recovery, say his doctors, was driven by his determination to get better. "When I saw him just before the transplant, he was already in better shape than the last time I had seen him," Dr. Gomez-Abraham says. "He had done what he needed to do to improve his nutrition, and was doing pulmonary rehabilitation and physical therapy to increase his chance of better results."

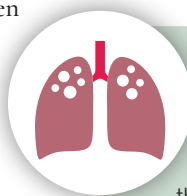
Moyet credits his caregivers at NBI for their guidance and persistence. "After the transplant, I had to learn to walk and move all over again," he says. "My nurses pushed me to keep going, even on days I didn't want to walk. They were dressed in blue; I called them my Blue Angels. They're the sweetest people in the world."

Just two months after his double lung transplant, Moyet, 65, was taking walks again with his wife, Arlene, and 15-year-old daughter, Sophia. "I don't need oxygen, and my lungs are working great," he says. He commemorated the 20th anniversary of 9/11 by joining a group chat hosted by the World Trade Center Health Program. And he's planning for a bright future, including a possible trip to Europe.

"My doctors are great people—miracle workers," Moyet says. "They cared so much and saw me in the hospital every day. It was a great team that put me all back together again."



Tony Moyet with his family at NBI's cardiothoracic ICU, several days after his lifesaving lung transplant surgery.



SPECIAL CARE FOR SERIOUS LUNG PROBLEMS

People with the most complex lung conditions rely on the Advanced Lung Disease and Transplant Program at Newark Beth Israel Medical Center (NBI), the only lung transplant program in New Jersey.

Who is a candidate for a lung transplant?

"The majority of patients have end-stage COPD and emphysema," says Jesus Gomez-Abraham, MD. "Other possible candidates are those with cystic fibrosis or pulmonary fibrosis as well as those with certain congenital cardiac diseases."

Candidates at NBI are evaluated through a multidisciplinary approach that includes surgeons, pulmonologists, cardiologists, gastroenterologists and others.

What is life like after a lung transplant?

"Patients will increase their lung function capacity up to 60 to 90 percent," says Dr. Gomez-Abraham. "Once the transplant has settled in, the majority of patients do not need oxygen. They can go to the mall, go to the beach, go to the family reunion, go back to work. The lung transplantation gives them the freedom to develop a normal life."

To learn more about transplant services at Newark Beth Israel Medical Center, call **888.724.7123** or visit www.rwjbh.org/lungtransplant.



COPING WITH EATING DISORDERS: TIPS FOR FAMILIES

- Express honest affection, verbally and physically.
- Teach children to communicate with assertiveness so they can resist inappropriate messages from their peers, the media and others about weight.
- Do not demand weight gain or berate a family member.
- Develop a dialogue about personal issues other than food and weight.
- Get support and educate yourself through books, professional help and talking with other families.

OVERCOMING EATING DISORDERS

CASES HAVE BEEN ON THE RISE DURING THE PANDEMIC, ESPECIALLY AMONG TEENS.

Being quarantined at home, not being in school for extended periods, not seeing friends or playing organized sports: The restrictions of the pandemic have been keenly felt by adolescents.

Pandemic-related stressors seem to be behind a recent dramatic increase in reported symptoms of eating disorders—binging, purging, drastically reduced caloric intake—as well as a doubling of hospitalizations for those issues.

“The kids we’re seeing are much more medically compromised and much more entrenched in the behaviors than we’ve seen in the past,” says Lynn Corey, LCSW, CEDS/S, CETP, Clinical Manager of Behavioral Health Outpatient Services at Robert Wood Johnson University Hospital (RWJUH) Somerset.

“The pandemic has made the eating disorders worse, because so much of teens’ lives feels out of their control,”

explains Corey, who works with the RWJUH Somerset Eating Disorders Program. “An eating disorder is really not about food; it’s a maladapted coping mechanism. Food becomes used as a means of giving themselves power over their lives.

“Moreover,” Corey continues, “when teens aren’t in school, there are fewer eyes on them—school nurses, guidance counselors and teachers—to notice changes and collaborate with parents.”

GETTING HELP

If a parent is worried about a child’s eating habits, a trip to the primary care provider is a good first step, Corey says. “If the pediatrician feels things aren’t looking good, that can open the door for parents to set up an evaluation with our program.”

Thanks to its hospital affiliation, the RWJUH Somerset program is

equipped to assess potential medical complications in a patient—a critical point, because eating disorders can cause harm to every organ system in the body. Initial tests may include blood work, an electrocardiogram and more.

The patient will also undergo a psychiatric evaluation to determine whether he or she is a candidate for one of the program’s levels of treatment:

- Inpatient treatment in a 14-bed unit that offers psychological, medical, nursing and nutritional care.
- Partial hospitalization, up to five days a week, with three hours of therapy per day.
- Intensive outpatient services, up to three days a week, with three hours of therapy per day.

The program offers weekly support groups for patients and for family and friends. “Our programs are in-person, not virtual, because that human interaction is so important in connecting with patients,” Corey says. “So many people tell us, ‘I just don’t want to talk to a computer screen.’”

To learn more about RWJUH Somerset’s nationally recognized Eating Disorders Program, call **800.300.0628** or visit **www.rwjbh.org/eatingdisorders**.



Professional third baseman Todd Frazier—a local hero since his role on the Toms River 1998 Little League World Series Championship team—and his wife, Jackie, have stepped up to the plate for CSH. Above, the Fraziers with Mark Montenero and Ed McKenna, co-chairs of the Transforming Lives 2.0 campaign.

A BOLD VISION FOR CHILDREN



Children's Specialized Hospital®

An RWJBarnabas Health facility

AN AMBITIOUS CAPITAL CAMPAIGN AIMS TO ENSURE THAT ALL CHILDREN CAN REACH THEIR FULL POTENTIAL.

When the youngest son of Todd and Jackie Frazier was hospitalized briefly, his parents got a window into what parents of children at Children's Specialized Hospital (CSH) go through.

"We understand that every day your child is not well, you're waiting for that bit of good news, for your child to make progress from the day before," says Todd, a local Toms River legend and Major League Baseball All-Star. "When we visited Children's Specialized, we were able to see that everyone on the staff at the hospital is so passionate about caring for these children."

"The whole vibe was so loving and positive," says Jackie Frazier. "Everyone

needs to know that this place provides the absolute best care for kids living with special needs."

So when the Fraziers were asked to team with the CSH Foundation to help raise \$45 million in support of the Transforming Lives 2.0 capital campaign, they readily stepped up. "We want everyone to know that each and every one of us can make a difference for kids living with special needs right here in New Jersey by supporting the expansion of Children's Specialized through this campaign," says Todd.

MAJOR INVESTMENTS

The Transforming Lives 2.0 campaign aims to do nothing less than design the next generation of care through major investments in both inpatient and outpatient resources. Improvements

will include new technologies, such as artificial intelligence, and expansion to new locations. A particular focus is on care for patients with autism, including sophisticated new technologies for screening, assessment, intervention and caretaker training.

The Transforming Lives 2.0 campaign is co-led by community leaders and members of the CSH Foundation Board of Trustees Mark Montenero, President of Autoland Toyota, Jeep, Chrysler, Dodge, and Ram Trucks in Springfield, and Ed McKenna, Esq., Senior Partner at McKenna, Dupont, Stone and Washburne, and former mayor of Red Bank.

"This campaign will enable us to increase access to CSH's essential and innovative programs and services," says Matthew B. McDonald III, MD, President and CEO of CSH. "With every new patient we meet through this period of expansion and enhancement, we get one step closer to realizing our vision of a world where every child can reach their full potential. Having the Fraziers on board, as well as the other esteemed cabinet members, makes me confident that we will reach our goal."

To learn more or make a donation to enhance the future for New Jersey's children living with special healthcare needs, visit www.childrens-specialized.org/transforminglives or write to foundation@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. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Monmouth, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.

TOBACCO RECOVERY AT YOUR FINGERTIPS



A NEW SERVICE PROVIDES CUSTOMIZED SUPPORT.

You're trying to quit smoking. You really want a cigarette. What do you do?

Pills, medications and patches can help a person overcome a nicotine addiction. But equally important is to have support from the people in your life—loved ones, colleagues, healthcare providers—and from trained counselors who understand just how challenging the journey can be.

The free Nicotine and Tobacco Recovery Program offered by the RWJBarnabas Health Institute for Prevention and Recovery (IFPR) employs a full range of tools to quit smoking, including counseling and support groups. Last summer, the program unveiled a new support option: a text-based service known as the Tobacco Recovery Concierge. The service offers real-time support via texting for moments when triggers or cravings are strong.

“In these cases, we can offer tips for a behavior change that they can make to help the craving subside, such as going

for a walk, having a drink of water or doing breathing and relaxation exercises,” explains Monica Hanna, MPH, CHES, NCTTP, Assistant Director of the Nicotine and Tobacco Recovery Program.

“Research has shown that cessation counseling and support can double a person’s chances of success when quitting nicotine,” she says. “This new service allows us to tailor messages to patients for whatever they’re going through at the moment.”

NOT JUST A HABIT

Powered by GoMo Health, the Tobacco Recovery Concierge provides regular motivational and educational messages based on where a person is in his or her quit journey. These scheduled messages might include a link to a website where people share their stories, or to a calculator for figuring out exactly how much a person will save by quitting nicotine.

For times when participants need immediate support, they can text one of

a number of keywords such as “craving,” “mood,” “relax” or “meet.” Responses might include motivational messaging or a link to login information for IFPR Zoom meetings. A chat feature is also available through a HIPAA-secure portal.

The program, which began in July 2021, has served more than 200 people so far and gets about 30 new signups each month, Hanna says.

Quitting nicotine can be as hard as quitting heroin or cocaine, research shows. On average, people try to quit smoking five to seven times before they quit for good.

“Our goal is to break down the stigma of nicotine addiction. Even healthcare providers too often regard it as a bad habit,” Hanna says. “Instead, we approach it the same way we would treat a chronic disease such as diabetes or heart failure. We help patients deal with the physiological effects. And we know that when we combine that approach with counseling, a person’s chances of success are much greater. No one should feel like they have to make this journey alone.”



**YOU CAN QUIT.
WE CAN HELP.**

The Nicotine and Tobacco Recovery Program includes nicotine replacement therapies, recommendations on prescription smoking medication, and individual and group counseling. The program, funded by the New Jersey Department of Health Office of Tobacco Control, Nutrition and Fitness, is offered free of charge by the RWJBarnabas Health Institute for Prevention and Recovery in Essex, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.

To learn more, call **833.795.QUIT (7848)**, email quitcenter@rwjbh.org or visit www.rwjbh.org/nicotinerecovery.

MEDICAL ADVISORY PANEL MEMBERS

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

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Diane Grillo, MS, VP, Health Promotion

Sara Ali, MD, Internal Medicine / Geriatrics

Leslie Adelman Banks, Fitness & Wellness
Center / Managing Partner

Hari P. Bezwada, MD, Orthopedic Surgery

Anjali Bhandarkar, MD, Internal Medicine

Gurvan Blackman, MD, Interventional
Radiology

Sean Bradley, DMD, Oral & Maxillofacial
Surgery

Oleg Chebotarev, MD, Cardiology

George DiFerdinando, Jr., MD, MPH,
Public Health

Michael Duch, MD, Orthopedic Surgery

Firas Eladoumikdachi, MD, Oncology /
Breast Surgery

Jill Giordano-Farmer, DO, MPH, Neurology

David Feldstein, MD, Interventional
Radiology

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Pulmonary Disease & Sleep Medicine

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Rehab / Pain Management

Zakaria Hakma, MD, Neurosurgery

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Reza Shah, DO, General / Vascular Surgery

Robert Silverbrook, DO, Internal Medicine

Sherry L. Smith, Director of Marketing &
Communications

Kim Zambito, MD, Hand Surgery



WHERE COMMUNITY LEADERS ARE MADE

RWJUH HAMILTON'S YOUNG PROFESSIONALS GROUP SERVES THE HOSPITAL AND REGION.

It didn't take long for Jay Dugan, 39, President of Radical Creative Agency in Hamilton Township, to hear about the Young Professionals Group (YPG) at Robert Wood Johnson University Hospital (RWJUH) Hamilton. "There's this aura about it," he says. "As I became more involved with the community and building my business as an entrepreneur, people in the area kept asking me, 'Why aren't you involved with YPG?'"

The group has been a significant source of community support for RWJUH Hamilton for 20 years. It consists of adults with full-time jobs under age 40 who participate in the hospital's governing structure, serve as a resource to leadership, often go on to future board memberships and participate in fundraising.

YPG recently completed a \$150,000 pledge over two-plus years to The Cancer Center at RWJUH Hamilton, together with Rutgers Cancer Institute of New Jersey, the state's only NCI-Designated Comprehensive Cancer Center. Fundraisers included All in Good Taste, Paint the Bar Pink and Family Movie Night events.

"Although the group is very much about supporting the hospital through fundraising events and pledges, it's also a networking and social group, with YPG events hosted by members," says Jessica Alleman, Director of Development, RWJUH Hamilton Foundation. "They're very tight-knit."

COMMUNITY LEADERS

Eight new members joined the 30-person group in December 2021. Dugan took a two-year term as Chair after joining the group two years earlier. Applicants submit résumés and interview with a nominating committee. "We have a waiting list to be part of this," Alleman says. "As we elected our most recent members, I already had four new people looking to get on next year."

"It's mutually beneficial for members in terms of career growth," Dugan says. "A lot of young

professionals haven't sat in a board meeting before, so learning about things like rules and procedures, hospital operations or how to talk to a donor can contribute to career education on top of the benefits of networking."

Members who "age off" at 40 often interview for RWJUH Foundation or hospital boards or committees, volunteer at events or join the Community Impact Alliance (CIA), formerly the Auxiliary. Current CIA president Lindsay Jenkins is a former YPG member. Others play roles in state and local government and administration, medicine, law, business organizations, nonprofits and other community leadership positions.

Many former members stay in close touch. "The fact that YPG members continue to help grow the community and are mainstays in local organizations is a testament to the quality of the program and the success of the group as a whole," Dugan says. "The people in this group are some of the most inspiring, selfless, philanthropic, empathetic people I've met in my life. Their impact is incredible."

FOUNDATION AND YPG EVENTS

- **"All in Good Taste" Beer and Wine Mixer honoring Tyrell Smith,** April 27, Trenton Thunder Ballpark, 6 to 8:30 p.m.
- **We vs. C "Bohemian Dream,"** Brick Farm Tavern, June 4, 6 to 9:30 p.m.
- **Annual Golf Outing,** Cobblestone Creek Country Club, June 13, 11 a.m. shotgun; dinner reception to follow
- **YPG Family Movie Night,** Trenton Thunder Ballpark, September 16, 6 p.m.
- **"Spooktacular" Crystal Ball Gala,** The Stone Terrace, October 21, 6 to 10 p.m.

For information or details about these events, please call the Foundation at **609.584.6581**.

To learn more about how to support Robert Wood Johnson University Hospital Hamilton, visit www.rwjbh.org/hamiltongivenow.





MAKE YOUR HEART STRONGER

THESE 6 STEPS CAN REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE.

It's comforting to know advanced cardiac care is available close to home at Robert Wood Johnson University Hospital (RWJUH) Hamilton. It's even more comforting to keep your heart healthy so you don't need treatment in the first place. "We place a strong emphasis on preventive cardiac care," says Mahmud S. Ghusson, MD, a cardiologist with RWJUH Hamilton.

That's why, starting in May, RWJUH Hamilton will provide services from a cardiometabolic specialist who is board-certified in endocrinology, diabetes and metabolism, clinical lipidology and obesity medicine. The new physician will focus on preventing heart attacks and strokes through the treatment of cholesterol disorders, obesity, diabetes and other metabolic conditions, all centered on long-term heart health and protection.

Medical measures such as medication can be essential to preventing heart attacks, especially in high-risk people. But everyone can benefit from key steps like these that help strengthen the heart and reduce risks.

1 Visit your doctor. Get a yearly physical and assessment of risk factors such as high blood pressure and high

cholesterol, diabetes, smoking history and family history of coronary artery disease. "We also work to identify patients who are at high risk through tests such as coronary calcium scores, and will tailor programs to individual patients based on what we find," Dr. Ghusson says.

2 Learn your numbers for blood pressure, cholesterol, blood sugars and calcium score. Knowing these values helps physicians assess your risks in more detail.

3 Walk regularly. Physical activity such as walking at a brisk pace for 30 minutes a day can lower your risk

WARNING SIGNS OF A HEART ATTACK

Symptoms can vary, but these are key signs you should call 911 for prompt evaluation and treatment if necessary:

- Chest discomfort
- Lightheadedness or dizziness
- Nausea or vomiting
- Shortness of breath
- Jaw, neck or back pain
- Arm or shoulder pain or discomfort

for cardiovascular disease by helping to control blood pressure, cholesterol, weight, blood sugar and other factors.

4 Eat heart-healthy foods. Give priority to fruits, vegetables, nuts and whole grains. Minimize red meat and processed meats, as well as saturated fats and sugar. Avoid overeating, as heavy meals have been associated with heart attacks.

5 Quit smoking. After one year, you'll have cut your risk of coronary disease by 50 percent. To learn about a free program to help you quit smoking, call 833.795.QUIT (7848) or visit www.rwjhb.org/nicotinerecovery.

6 Get enough sleep. Adults need at least seven hours a night. Sleep helps maintain your heart and blood vessels along with hormones that influence metabolic factors such as weight, according to the National Heart, Lung and Blood Institute.

HELP YOUR HEART TODAY

RWJ Fitness and Wellness Center on Quakerbridge Road is a great place to start getting healthier. It offers membership in a state-of-the-art fitness and wellness facility equipped with an array of options like a fitness floor; aquatics center with saltwater-filtered lap, spa and therapy pools; group fitness classes; complimentary childcare and more. For information, visit www.rwjhamiltonwellness.com.

► Courtney Sondej (left) and Cara Jorgenson greet at the Fitness and Wellness Center.





Richard Freeman, President and CEO, and Mahmoud S. Ghusson, MD, Cardiology.

WORLD-CLASS CARDIAC CARE

Mahmoud S. Ghusson, MD, understood more than 25 years ago the importance of having state-of-the-art cardiac care available locally at Robert Wood Johnson University Hospital (RWJUH) Hamilton.

“Starting the cardiac catheterization lab at that time was a dramatic advance for Hamilton Township,” says Dr. Ghusson, a long-time cardiologist with RWJUH Hamilton. “Before that, patients who needed procedures such as angioplasty and stenting for a heart attack would often need to go to hospitals in Philadelphia. Offering lifesaving cardiac services from multidisciplinary cardiovascular experts close to home provided better, faster, safer and more convenient care for patients in our community. That continues to be true today.”

COMPREHENSIVE SERVICES

“Ever since our hospital began providing advanced cardiology a quarter century ago, our team has worked collaboratively to expand our cardiology services and achieve the highest levels of quality and efficacy,” says Richard Freeman, Chief Executive Officer of RWJUH Hamilton. “Our continually advancing capabilities further ensure that patients local to Hamilton don’t have to leave our community to get the highest level of interventional cardiology care.”

Comprehensive cardiology services at RWJUH Hamilton include diagnostic catheterization, simple and complex angioplasty, imaging such as nuclear stress tests and echocardiograms, heart failure treatment, management of abnormal heart rhythms and cardiac rehabilitation.

“Our state-of-the-art providers help advance RWJUH Hamilton’s goal of being a high-reliability organization in which every activity is performed at the highest level of excellence every time,” Freeman says. “Being a high-reliability organization improves every measure of quality, including safety, access to care, collaboration among providers and patient satisfaction.”

Patients at RWJUH Hamilton also have access to highly advanced care for higher-risk scenarios such as heart transplants through other RWJBarnabas Health hospitals. “Being part of the same health system allows shared access to records and close relationships with collaborating providers who can continue the same high level of care we initiate at RWJUH Hamilton,” Dr. Ghusson says. “With our expertise and resources, we’re continuously stepping forward in providing advanced cardiac care that’s good for patients and good for the community.”

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Robert Wood Johnson University Hospital Hamilton, call **888.724.7123** or visit **www.rwjbh.org/heart**.



YOUR MAMMOGRAM LOOKS ABNORMAL. NOW WHAT?

A GUIDE TO HOW OUR MULTIDISCIPLINARY TEAMS DIAGNOSE AND MAY TREAT YOUR BREAST CANCER

 RWJBarnabas Health and Robert Wood Johnson University Hospital Hamilton, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the most advanced treatment options. Call 844.CANCERNJ or visit www.rwjbh.org/beatcancer.

It’s hard to overstate the impact of regular mammograms. “They are amazing screening tools,” says Firas Eladoumikhachi, MD, Breast Surgical Oncologist at Rutgers Cancer Institute



DEBORAH TOPPMEYER, MD



FIRAS ELADOUMIKACHI, MD

of New Jersey and The Cancer Center at Robert Wood Johnson University Hospital (RWJUH) Hamilton. “They’re really lifesaving.”

Thanks to screening, most breast cancers are now detected in early stages when they are most easily treated. “There’s even a stage zero in which survival is close to 98 or 99 percent,” Dr. Eladoumikhachi says. “You can treat it and move on with life. These early cancers generally don’t affect life span at all.”

Yet many cancers are found at later stages or involve a complex mix of

factors that affect care. And care itself can consist of a number of options from a range of specialists in multidisciplinary teams. “Cancer care is increasingly personalized,” says Deborah Toppmeyer, MD, Chief Medical Officer and Director of the Stacy Goldstein Breast Cancer Center at Rutgers Cancer Institute of New Jersey and breast medical oncologist at The Cancer Center at RWJUH Hamilton. “But it often starts with an abnormal mammogram.”

Once you’re found to have an abnormal mammogram, here is what you and your cancer team may do next.



FIND OUT MORE. The ordering physician (typically your primary care doctor or obstetrician/gynecologist) will review the report and discuss the findings further with the mammographer. The doctor will also look for physical signs like a lump or nipple discharge. You may need more imaging to get a clearer picture.



GET A BIOPSY. If additional focused

mammogram views continue to look suspicious, a breast surgeon or radiologist will perform a minimally invasive needle biopsy to obtain tissue samples for analysis. You may need surgery and/or other treatment if the biopsy finds cancer or high-risk cells—or if benign findings seem inconsistent with what is seen on your imaging studies, to assure that there is not an underlying malignancy that was not found on initial biopsy.



MAKE A PLAN. You and your cancer team decide on the best course of treatment

based on your priorities and what doctors recommend for optimal care. “Decisions entail back-and-forth conversations between you and your providers about options, pros and cons,” Dr. Eladoumikdachi says. This is called shared decision making. A multidisciplinary tumor board consisting of doctors such as surgical and medical oncologists, radiologists, genetic specialists and plastic surgeons reviews your mammogram and biopsy results to develop an appropriate treatment plan.



CONSIDER SURGERY.

Typically a diagnosis of localized breast cancer requires surgery. Options include lumpectomy to remove the tumor and nearby tissue but preserve the breast or a mastectomy to remove the entire breast.

For women at significantly increased risk of developing a subsequent breast cancer (for example, women who have a variant of significance in a gene that predisposes to breast cancer), double mastectomy may be considered.

You may have more options if cancer appears to be in the early stages. For example, lumpectomy may also require radiation treatment, while mastectomy for early-stage cancer may allow you to skip radiation.



STAGE THE CANCER.

Samples taken from lymph nodes will help reveal if cancer has spread beyond the breast.



RECEIVE ADDITIONAL THERAPIES. Based in part

on these findings, your breast cancer team will determine whether you need systemic treatment such as chemotherapy, hormonal therapy, other targeted therapies or a combination. Radiation to consolidate local control may also be considered depending on the type of surgery, lymph node status and tumor size.



UNDERGO BREAST RECONSTRUCTION. Many

women undergo breast reconstruction at the time of mastectomy or following completion of systemic and local therapy. Many options are available to discuss with a plastic surgeon who works closely with the breast surgeon. Conversations before surgery help the surgical team plan an optimal course of reconstructive treatment.



ENROLL IN A CLINICAL TRIAL. Through RWJUH

Hamilton’s partnership with Rutgers Cancer Institute of New Jersey, the state’s only National Cancer Institute-Designated Comprehensive Cancer Center, patients have access to clinical

ARE YOU AT RISK OF BREAST CANCER?

Factors like these can influence your chances of developing breast cancer.

- **Family history:** Risks are higher if a first-degree relative such as a mother or sister, or multiple family members on either side have had breast cancer.
- **Breast makeup:** Dense breasts are more likely to develop breast cancer or evade cancer detection on mammograms.
- **Age:** The older you are, the more likely you are to develop breast cancer, especially after age 50, when most breast cancer diagnoses are made.
- **Ethnic background:** Breast cancer is often more aggressive in African American women, whose lower screening rates also result in more cancers being detected at relatively advanced stages. Inherited genetic mutations related to breast cancer such as BRCA1 or BRCA2 are also more common in the Ashkenazi Jewish population.
- **Reproductive history:** Having your first menstrual period before 12 or starting menopause after 55 both increase your risk for breast cancer because they increase lifetime exposure to estrogen.

trials that can provide advanced treatment options. “Clinical trials can provide access to novel therapies, new options for surgery, different methods of radiation therapy and more,” Dr. Toppmeyer says. “Through the participation of women and men in clinical trials, we have changed the natural history of breast cancer, both in early and advanced disease. If patients did not participate in clinical trials, we would not have made the extraordinary advances that we’ve seen, not only in breast cancer but other cancers as well.”

To learn more about the cancer care team at RWJUH Hamilton headed by Malini Patel, MD, Director of Medical Oncology, visit www.rwjbh.org/rwj-university-hospital-hamilton/treatment-care/cancer.

The season awaits: Bill Rue, former Chair, RWJUH Hamilton Board of Directors, tees up at the 2021 Foundation Golf Outing.



RAMP UP FOR SPRING ACTIVITY AND AVOID INJURY WITH THESE EXPERT STEPS.

Warmer air and longer days make spring a great time to increase outdoor physical activity—if you do it without triggering aches and pains that hobble you or hold you back.

“People often hit the ground running after the long winter and want immediate results,” says Pamela Randolph, PT, DPT, MBA, FACHE, Director of Rehabilitation Services at Robert Wood Johnson University Hospital (RWJUH) Hamilton. “They do too much too soon

and end up injuring themselves.”

Golf is a common example where “too much too soon” can lead to problems. “The golf swing involves rapid motion of the spine, hips and shoulders,”



PAMELA RANDOLPH, PT, DPT, MBA, FACHE

says Ryan Stevens, MPS, ATC, CSCS, Manager of Athletic Training at RWJUH Hamilton. “You’re more likely to irritate or injure something if your body is not prepared for this high-speed rotational movement or if you don’t follow through with training or rehabilitation.”

Proper preparation, practice and injury reduction approaches can keep you at the top of your game regardless of your sport, outdoor passion or weekend-warrior activity, so follow these steps to keep your active season fun, safe and healthy.

➤ GET READY FOR ACTION

Before going on a run or starting competitive play, engage in five to 10 minutes of light, dynamic-movement activity that activates muscles and improves joint motion. That will increase your body temperature, engage muscles, boost blood flow, improve mobility and stimulate the nervous

system, all of which lower the risk of injury. “People tend to think static stretching helps prepare for activity, but you want muscles to be active, not relaxed,” Stevens says. “Focus on dynamic warm-up.”

As a part of their community-based athletic training partnerships, certified athletic trainers at RWJBarnabas Health have developed a three-phase dynamic warm-up system that can be taught to sports teams, coaches, organizations, workplaces and performance artists. Interested in a dynamic warm-up workshop for a group or organization? Email athletictraining@rwjbh.org for information.

➤ WORK OUT SAFELY

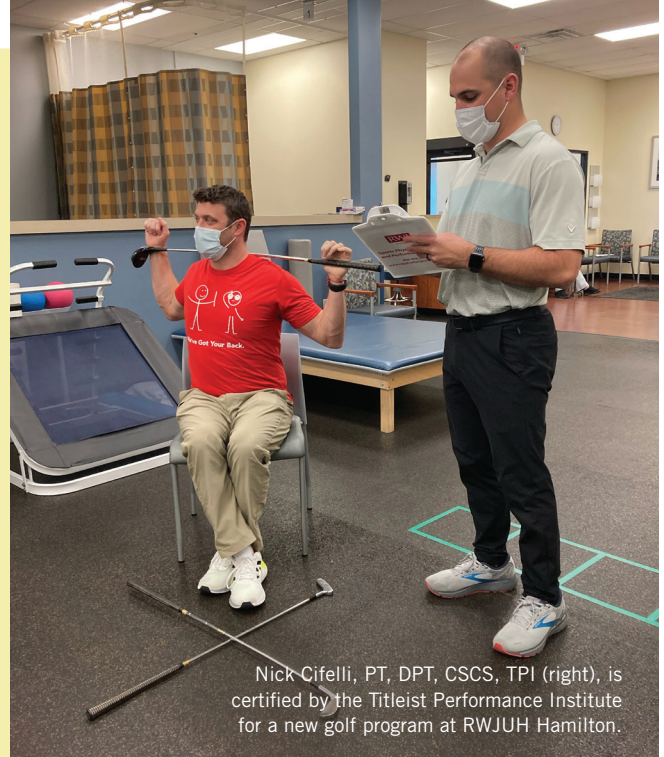
Start with light, simple challenges and gradually build to more intense or complex workouts. If you’re not sure where to start or how to progress, ask for guidance from a private fitness coach or

MAKE YOUR GOLF GAME GREATER

So you're not a Tiger, Phil, Dustin or Justin. But you can be the best version of yourself on the links this year with help from a new program at Robert Wood Johnson University Hospital (RWJUH) Hamilton. "I have three major goals for participants," says Nick Cifelli, PT, DPT, CSCS, TPI, who conducts the program: "Increase mobility and strength; increase swing speed, power and distance; and prevent injury."

Dr. Cifelli is certified by the Titleist Performance Institute, which employs innovative technologies and a holistic approach to help golfers improve performance. "The program uses a 16-point, head-to-toe screening to assess your ability to move and how it's linked to your swing," Dr. Cifelli says. Tests calculate swing speed with radar, analyze swings using motion-capture video and assess power by having you handle medicine balls and do jumps.

Individualized programs help boost performance by improving a swing's force, distance and time. "If you manipulate one, two or all three of those, you improve power," Dr. Cifelli says. "Whether you want to reduce pain, improve your game, play longer or overall feel better, we can help you meet your goals."

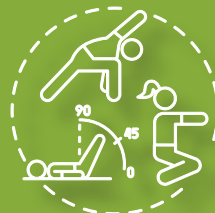


Nick Cifelli, PT, DPT, CSCS, TPI (right), is certified by the Titleist Performance Institute for a new golf program at RWJUH Hamilton.

a fitness coach at your gym. Allow your body to rest between bouts of an activity or the days on which you performed a specific exercise to let muscles recover and build strength or endurance. "Vary your workouts so you don't do the same thing every time, which helps avoid overuse injuries," Dr. Randolph says.

> SEEK HELP FOR INJURIES

"If you feel any pain or something doesn't feel right, ease up on the activity," Stevens says. "Don't assume pain will improve or won't get worse." It's a red flag if pain doesn't quit or keeps coming back. "You need to determine why it continues," Stevens says. "A mechanical issue may need to be corrected." In these cases, consider having a physician, physical therapist or athletic trainer evaluate you. Depending on the problem, rehabilitation such as skilled physical therapy may be a key to your recovery. "RWJUH Hamilton offers physical therapy services at seven locations where we can help recondition you and make sure nothing serious is going on so you can be cleared to resume activity," Dr. Randolph says.



"PEOPLE TEND TO THINK STATIC STRETCHING HELPS PREPARE FOR ACTIVITY, BUT YOU WANT MUSCLES TO BE ACTIVE, NOT RELAXED. FOCUS ON DYNAMIC WARM-UP."

Ryan Stevens, MPS, ATC, CSCS

> EASE BACK FROM REHAB

Make sure you go to all physical therapy appointments and follow through with prescribed exercises at home. "Compliance is key," Stevens says. "You might only see a physical therapist one to three times a week, so what you do outside of therapy is critically important in maintaining the progress you make during your session." Don't rush recovery, and follow physical therapists' advice on best exercises. "Each physical therapy program is individual and tailored to the person and their needs," Dr. Randolph says.

> MAINTAIN HEALTHY HABITS

Stick to healthy foods, but don't deny yourself less-than-perfect favorites in moderation. "Talk to a dietitian for

individual guidance based on your health history," Stevens says. "Portion control may matter more than being super strict about what you're eating."

Get ample sleep. "If you're not recovering overnight, that can affect metabolism and your energy level during workouts," Stevens says.

Boost your motivation to exercise by understanding why it's important to you—whether your goal is to play with children, be more social or deal with a disease like diabetes. If motivation flags, find an activity you can share with other people. "It's easier to do something you don't necessarily love when surrounded by people you enjoy who provide support or have a similar mission," Dr. Randolph says.

To learn more about rehabilitation services including physical therapy and sports rehabilitation at Robert Wood Johnson University Hospital Hamilton, visit www.rwjrehab.com.



Your family has no history of breast cancer. You still need a mammogram.

It's curious how healthy habits can become go-to excuses. But don't excuse yourself from getting a mammogram. At RWJBarnabas Health, we offer the latest in comprehensive breast health services including mammograms, 3D mammograms, genetic testing, breast surgery and more — like peace of mind. And with breast health centers conveniently located throughout New Jersey, finding us is simple, too.

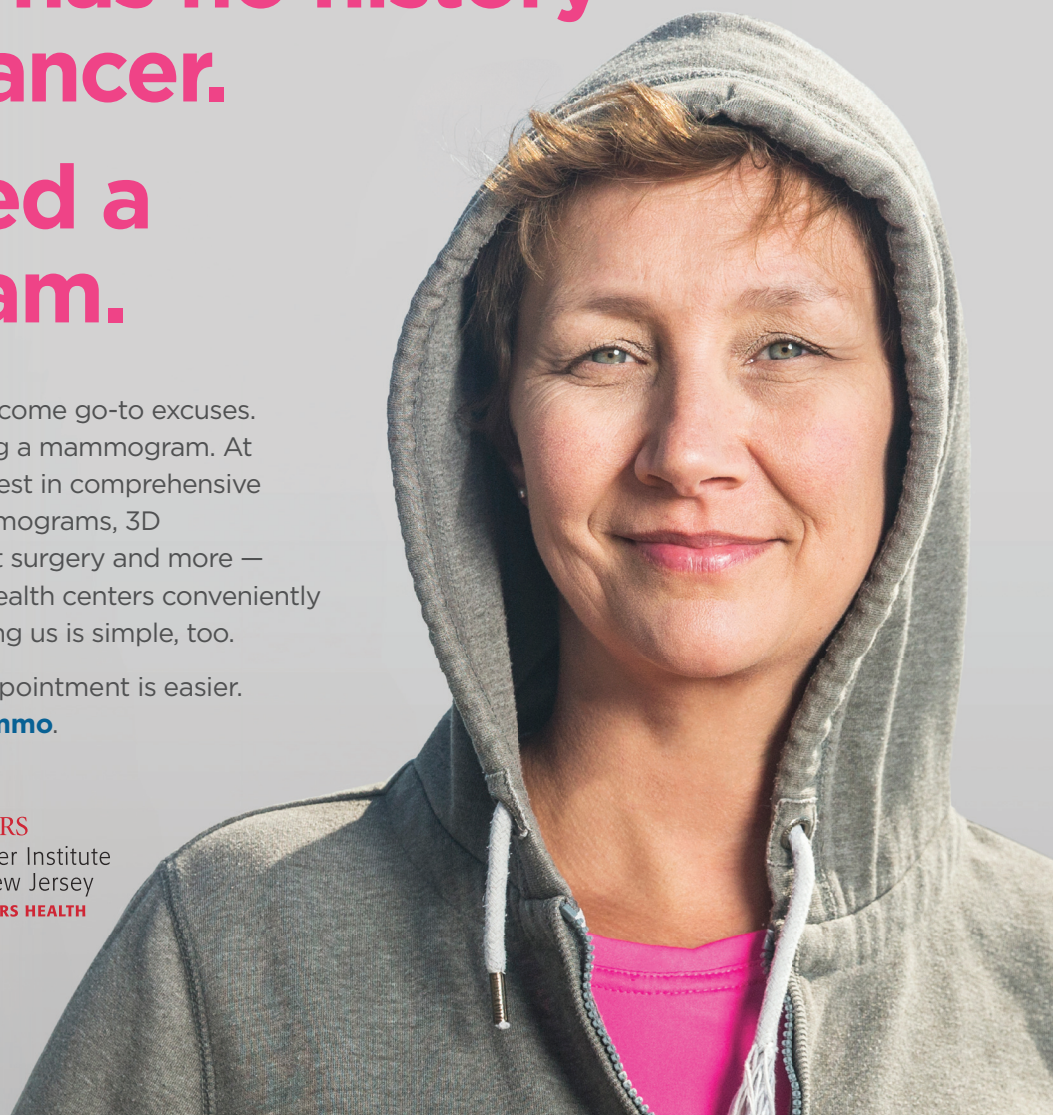
Making excuses is easy. Making an appointment is easier. Schedule your visit at rwjbh.org/mammo.

Robert Wood Johnson
University Hospital
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RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

RWJBarnabas
HEALTH

Let's beat breast cancer together.



Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.

