

A PUBLICATION FROM MONMOUTH MEDICAL CENTER, SOUTHERN CAMPUS

# HEALTHY AGING

FALL 2017

## FEELING GOOD IN FALL

KEEP COOL IN  
HOT CARS

A BOOST FOR  
CANCER  
PATIENTS

SPEEDY  
RECOVERY  
AFTER  
SURGERY



VASCULAR  
CARE  
EXCELLENCE



# COMMUNITY SUPPORT

A NEW FACILITY GIVES A BOOST TO THE HEALTH AND WELL-BEING OF THOSE AFFECTED BY CANCER.

Monmouth Medical Center, Southern Campus (MMCSC) recently celebrated the opening of its new Cancer Support Community (CSC) location in Lakewood.

The CSC is an international non-profit organization dedicated to providing support, education and hope to people affected by cancer. Individuals affected by cancer are given an opportunity to enhance their health and well-being through participation in professionally led programs of emotional support, relaxation, exercise and education.

In 2014, Monmouth Medical Center (MMC) in Long Branch began providing CSC programs and services when their Monmouth County-based location in Eatontown was forced to close its doors. They carried on CSC's mission to ensure that all people impacted by cancer were empowered by knowledge, strengthened by action and sustained by the community. Over the past several years, the initiative has grown to offer programs not only to Monmouth County residents but to those living in Ocean County as well. This growth promoted the opening of the Lakewood location, making MMC and MMCSC two of just seven hospital based CSC programs in the country.

I am thrilled to be able to bring this service to anyone affected by cancer in Monmouth and Ocean



Joan Hogan, program director of Cancer Support Community at Monmouth Medical Center, Southern Campus, and Deb McGivney, oncology social worker of CSC at MMCSC. Below: Hogan, McGivney and Frank J. Vozos, M.D., chief executive of MMCSC.

counties, says Frank J. Vozos, M.D., FACS, executive vice president of RWJBarnabas Health and chief executive of MMCSC. Whether it's the patient, family member, friend or caregiver they can access these free programs regardless of where they're being treated. It's essential that no one face cancer alone and this program is helping us to ensure no one has to.

Research has shown that social and emotional support is just as important as the medical care a patient receives.

Our program is very important before, during and after treatment, says Joan Hogan, program director of CSC at MMC and MMCSC. Many members continue to attend our program after treatment as they recover emotionally and transition to the next phase of their journey.

At the MMCSC location, members can participate in support group meetings, yoga classes, nutrition

workshops, exercise, and relaxation sessions. There are also many opportunities to socialize. The new Circle of Caring program addresses the unique needs of children who have a loved one with cancer.

The children's program in Lakewood offers a safe, compassionate and supportive environment for children whose loved one has a cancer diagnosis, notes Deb McGivney, oncology social worker of CSC at MMCSC. With bi-weekly support groups and monthly special events, children are able to express their feelings while creating bonds with other children going through a similar experience.

The Cancer Support Community at MMCSC is located at 199 Prospect Street in Lakewood and offers weekly programs and services to anyone affected by cancer. For more information or a copy of the monthly program calendar, call 732.923.6090 or email [Joan.Hogan@rwjhb.org](mailto:Joan.Hogan@rwjhb.org).





**AVOID THE**  
SAFETY PROGRAM TEACHES  
ADULTS TO ACT AND NEVER LEAVE  
KIDS ALONE INSIDE A CAR.

# HOT SEAT

**O**ur reward for putting up with cold winter months is the joy and pleasure of summer. But with the warm temperatures comes several dangers caused by the heat especially when inside a car. To help parents and grandparents safely enjoy the season, Safe Kids Monmouth/Ocean, which is led by Monmouth Medical Center (MMC) and Monmouth Medical Center, Southern Campus (MMSC), recently hosted a heatstroke awareness event and demonstration at FirstEnergy Park, home of the Lakewood BlueClaws. The program was part of Safe Kids Worldwide's Never Leave Your Child Alone in a Car campaign and included a 911 audio recording and parking lot demonstration. With help from the Lakewood Police Department and EMS, the demonstration showed how quickly the temperature rises inside of a parked car and what to do if you see a child stuck inside.

Many people are shocked to learn how hot the inside of a car can actually get, says Sreedar Raja, M.D., medical director, MMSC Emergency Department. On an 80 degree day, the temperature inside of a car can rise 20 degrees in as little as 10 minutes and keep getting hotter with each passing minute. Even cracking the window doesn't help. Because of this, heatstroke can happen faster than you think.

A child's body heats up three to five times faster than an adult's, making the little ones more susceptible to heatstroke. When a child's internal temperature reaches 104 degrees, major organs begin to shut down


and when the temperature reaches 107 degrees, the child can die. In the past 19 years, at least 712 children across the United States have died from heatstroke when in a vehicle and just this year it has claimed the lives of 12 children.

MMSC and Safe Kids Monmouth/Ocean encourage drivers and bystanders to ACT, which stands for:

**A** Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And, make sure to keep your car locked when you're not in it so kids don't get in on their own.

**C** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

**T** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call because they are trained to respond to these situations. One call could save a life.

 For more information on Community Health Education programs and services, call **732.363.1900 ext. 22331.**

# A GRATEFUL PATIENT

WHEN HE NEEDED EMERGENCY GALLBLADDER SURGERY, CANCER SURVIVOR TOM RYAN KNEW MMCSC WOULD PROVIDE THE BEST TREATMENT.

After burger night with his wife, Tom Ryan began having abdominal pain that he quickly wrote off as indigestion. When there was no relief from the pain several hours later, he and his wife, Carol, decided it was time to call 911.

As soon as I got in the ambulance I told them, if you're not going to take me to Monmouth Medical Center, Southern Campus (MMCSC), I'll get out and drive myself, Tom says. As a cancer survivor, I've ended up in other local hospitals that aren't as nice and don't move as quickly. I felt I'd be in the best hands at Monmouth South.

Once Tom was admitted to the emergency department he had a CAT scan that showed inflammation to his gallbladder. It was ultimately decided that his gallbladder needed to be removed, so Tom was transferred from the emergency department to an inpatient unit where he spent several days after his laparoscopic gallbladder surgery by Sergey Grachev, M.D.

The private rooms are great they offer a quieter atmosphere than a shared room does and it really makes all the difference towards healing quickly and appropriately, Tom says. It also allowed me to have more one-on-one time with my nurses who were constantly check-



Carol and Tom Ryan with Jennifer Bernal, R.N. By the end of my stay at Monmouth Medical Center, Southern Campus, Carol and I wanted to adopt my nurse, Jennifer, Tom says. She really stood out to us because she was so helpful, compassionate and understanding. She made sure I had whatever I needed whether it was my medication or an extra pillow and she really helped me to get back to my regular self.

ing on me and asking if there was anything they could do to make Carol or me more comfortable.

Both Tom and Carol have used MMCSC for outpatient tests and have appreciated how seamless the process has been whether it was to get an X-ray, CAT scan or blood work. They've also utilized MMCSC's Mobile Unit Phlebotomy Service (MUPS) at Leisure Village West and value the convenience the traveling lab facility offers.

I think Carol and I are two of the best promoters of Monmouth

Medical Center, Southern Campus in Ocean County, Tom says.

We're constantly telling residents and friends in our senior village to utilize Monmouth South when they aren't feeling well or need tests done. The fact that it's a geriatrics focused hospital is just an added bonus to all the other great programs and services they offer.

For more information or to schedule an appointment, call 888.724.7123.





PLAYERS HIT THEIR MARK AND EXCEED FUNDRAISING GOAL AT

# ANNUAL GOLF CLASSIC

**M**onmouth Medical Center, Southern Campus (MMSCS) sold out its annual Golf Classic with 145 golfers this year. The event, which took place at Eagle Oaks Golf and Country Club in Farmingdale, was the most successful outing to date, exceeding the goal for amount raised.

The program featured a buffet lunch, a round of golf and a post-outing cocktail reception, where the nearly 200 guests participated in a silent auction and 50/50 raffle. Awards were also presented to the top three foursomes, the man and woman who hit closest to the pin, and the man and woman who had the longest drive of the day.

We are so grateful for the support of all of our sponsors, golfers, volunteers and guests, says Denice Gaffney, vice president of Development, Monmouth Medical Center, Southern Campus Foundation. Without their continued generosity and commitment to the hospital, we would not be able to raise the funds necessary to support the many programs and services we offer to the surrounding community.

For more information on upcoming events, including Flavors of the Jersey Shore: Food & Wine Tasting on Oct. 19 at Pine Belt Chrysler Jeep Showroom in Lakewood, call the Foundation at **732.886.4438** or visit the website [barnabashealth.org/FlavorsOfTheJerseyShore](http://barnabashealth.org/FlavorsOfTheJerseyShore).



Frank J. Vozos, M.D., chief executive of MMSCS, shows his putting form.



# VASCULAR INSTITUTE OPENS ITS DOORS

THE NEW FACILITY GIVES PATIENTS GREATER ACCESS TO CRITICAL CARE.

**I**n August, the Vascular Institute at Monmouth Medical Center, Southern Campus (MMSC) was launched under the leadership of Aditya Mehra, M.D.

Dr. Mehra is fellowship trained and board certified in Cardiology, Interventional Cardiology and Nuclear Cardiology. He received his medical degree from Drexel University College of Medicine in Philadelphia where he also completed an internship and residencies. Dr. Mehra obtained a Cardiovascular Fellowship from UMDNJ-Robert Wood Johnson Medical School in New Brunswick and an Interventional Cardiovascular Fellowship from Rhode Island Hospital/The Miriam Hospital-The Warren Alpert Medical School, Brown University.

The Vascular Institute has brought excellence in

care for peripheral vascular disease to MMSC. It provides patients with comprehensive, state-of-the-art, non-invasive diagnostic testing and minimally invasive, percutaneous diagnostic and interventional vascular treatments which include angioplasty and stents to treat peripheral vascular disease.

Dr. Mehra leads a team of physicians and healthcare providers who have the range of knowledge and expertise necessary to effectively provide treatment and care to patients who have this complex disease.

To learn more about the Vascular Institute or to schedule an appointment, call 888.724.7123.



# meet our

# CARDIOVASCULAR PHYSICIANS

## ADITYA C. MEHRA, M.D.

### ■ Residency:

Internal Medicine at Drexel University College of Medicine, Philadelphia.

### ■ Fellowship:

Cardiovascular Medicine at UMDNJ-Robert

Wood Johnson Medical School, New Brunswick and Interventional Cardiovascular Medicine at Rhode Island Hospital/The Miriam Hospital-The Warren Alpert Medical School, Brown University, Providence, R.I.

■ **Board Certified:** Cardiovascular Disease, Interventional Cardiology and Nuclear Cardiology

■ **Years of Experience:** 11



## HORMOZ KIANFAR, M.D., M.S.

### ■ Residency:

Internal Medicine at New York Hospital Medical Center of Queens/Weill Medical College of Cornell University, Queens.

### ■ Fellowship:

Cardiovascular Medicine at New York Hospital Medical Center of Queens/Weill Medical College of Cornell University, Queens and Albert Einstein College of Medicine/Montefiore Medical Center, Bronx.

■ **Board Certified:** Internal Medicine, Nuclear Cardiology, and Cardiovascular Disease

■ **Years of Experience:** 7



## THOMAS W. KOMOROWSKI, M.D.

### ■ Residency:

Internal Medicine at New York University, New York.

### ■ Fellowship:

Cardiovascular Medicine at New York University, New York and Interventional Cardiology at Columbia University St. Luke's Hospital, New York.

■ **Board Certified:** Internal Medicine, Cardiovascular Medicine and Interventional Cardiology

■ **Years of Experience:** 17



## COMMUNITY CALENDAR

The following groups and programs hold ongoing meetings that will be of interest to seniors.

### GENTLE YOGA

Mondays, 2 to 3 p.m.

Cancer Support Community,  
199 Prospect St., Lakewood

The proven benefits of yoga include increased flexibility, range of motion, energy and relaxation. Free gentle yoga classes are offered to men and women of all ages who are affected by cancer. Registration required; call 732.923.6090.

### EXERCISE FOR STRENGTH

Mondays, 3 to 4 p.m.

Cancer Support Community,  
199 Prospect St., Lakewood

Individuals who have been affected by cancer can participate in this free interactive work-out group. Sessions are designed to improve energy as well as increase endurance and flexibility. Due to the physical nature of the program, sneakers and medical clearance are required. Registration required; call 732.923.6090.

### GUIDED RELAXATION

Mondays from 4 to 4:30 p.m.

Cancer Support Community,  
199 Prospect St., Lakewood

Those who attend this free group will be provided ways to balance their energy and increase self-care techniques,

as well as methods to better focus and relax. Medical clearance is required for those currently undergoing active cancer treatment. Registration required; call 732.923.6090.

### CAREGIVERS SUPPORT GROUP

Tuesdays, noon to 2 p.m.

Wednesdays, 12:15 to 2:15 p.m.

3rd Floor Conference Room, MMCS,  
600 River Ave., Lakewood

This free weekly support group is open to anyone who is caring for a person age 60 or older and living in Ocean County. The group will offer support and education for caregivers to enhance their coping skills and develop strategies for maintaining balance in their lives.

### GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Wednesdays, 10:30 a.m. to 12:30 p.m.

3rd Floor Conference Room, MMCS,  
600 River Ave., Lakewood

Are you a grandparent in the Ocean/Monmouth area? This free weekly support group helps address many challenges faced by grandfamilies, including financial and relational issues. Monthly family dinners will provide support and educational programs for grandparents and children under their care.

# We believe aging isn't a diagnosis.

## Introducing the James & Sharon Maida Geriatrics Institute.

When aging is viewed the right way, growing older doesn't mean growing old. With that in mind, we designed the Maida Geriatrics Institute to be the region's most comprehensive, easiest to access and most attuned to the needs of seniors. That means someone could begin the day with an audiology test and walk down the hall for a lunch-and-learn presentation about healthful eating because here, everything is under one very new roof. Together with you, we're taking a youthful approach to aging. To learn more, call 732-886-4700 or visit [rwjbh.org/monmouthgeriatrics](http://rwjbh.org/monmouthgeriatrics)

## Monmouth Medical Center Southern Campus

**RWJ**Barnabas  
HEALTH

Let's be healthy together.

