

In Good Health

A publication of **Clara Maass Medical Center**



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Dear Friends,

We hope that you and your family enjoyed summer and are experiencing a smooth transition into autumn.

As New Jersey's largest healthcare system, we at Barnabas Health and Clara Maass Medical Center strive to serve patients with the finest care during illness, and to keep community residents healthy through our community health programs. This promise is embodied in our new message, "Life is better healthy."


We offer a variety of educational programs within Barnabas Health and Clara Maass Medical Center. Our Community Health employees provide everything from prostate cancer screenings to flu shots and Heart Health lectures at senior residences, local health fairs, libraries and supermarkets. We hope that you will take advantage of these programs designed to keep you and your family healthy. For a complete listing, please visit www.barnabashealthcalendar.org.

We would like to remind you of two signature Clara Maass Medical Center events. The Lifeline Challenge to Healthy Living 5K Run and 2K Fun Walk will take place on Sunday, September 29, at 8:30 a.m. at the Essex County Turtle Back Zoo in West Orange, NJ. Proceeds from this family-friendly event will be used to combat obesity and fund programs that empower children and their families to maintain healthy and active lifestyles.

Clara Maass Medical Center Foundation will host "A Tasteful Experience," its Annual Evening of Sensational Food and Wine, on November 18, 2013, at the Pleasantdale Chateau in West Orange, NJ. The evening features tastings from more than 40 of the area's finest restaurants, caterers and purveyors of spirits who donate their time, talent and delicious food. Proceeds will benefit services at the Medical Center.

Further details on both events can be found within this magazine. To purchase tickets to A Tasteful Experience or to register for the Lifeline Challenge to Healthy Living, you may visit www.claramaassfoundation.org. We hope to see you at one of our signature events or at a community health event in the future.

Cordially,


Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health



Mary Ellen Clyne
Mary Ellen Clyne, Ph.D.
President and Chief
Executive Officer
Clara Maass Medical Center



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



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



Essex County

Saint Barnabas
Medical Center
94 Old Short Hills Road
Livingston, NJ 07039
973.322.5000



Barnabas Health
Ambulatory Care Center
200 South Orange Avenue
Livingston, NJ 07039
973.322.7000





Joint & Spine Institute Returns Patients to Active Lifestyles

How Total Knee Replacement Surgery Landed Carol Welsch Back on the Ski Slopes

Carol Welsch of West Orange, NJ, stands tall and pain-free with Frank Femino, M.D., Medical Director of the Joint & Spine Institute at Clara Maass Medical Center, seven months after total knee replacement surgery.

Carol Welsch was 60 when she decided to take up skiing, an activity she enjoyed with her grandchildren. After nine years, a few injuries and the deterioration of one knee, she discovered she needed knee replacement surgery.

The West Orange mother and grandmother chose to go to **Frank Femino, M.D.**, the Medical Director of the Joint & Spine Institute at Clara Maass Medical Center, last fall. She was inspired by her husband Don's successful hip replacement performed by Dr. Femino. Now, following knee replacement, Mrs. Welsch feels great and will return to the ski slopes this winter.

Dr. Femino offers small-incision total knee replacement. He also uses state-of-the-art pain management to minimize post-operative pain and quickly return patients to active lifestyles. Through Dr. Femino and his orthopedic team, patients can expect minimized blood loss, decreased pain during rehabilitation, a shorter hospital stay, and reduced scarring.

"It's important to me to make sure that every patient becomes a success story," says Dr. Femino. "My goal is to get patients back to doing things they enjoy."

Dr. Femino, Chief of Orthopedics at CMMC, has performed more than 4,000 joint replacement surgeries, primarily of the hip and knee. His surgery experience ranges from routine procedures to those considered "high risk" as well as those rarely attempted or compromised by previous surgeries.

Last November, Mrs. Welsch became another one of his success stories. Just 24 hours after surgery, she was walking with minimal assistance and was able to return to work in three weeks. She took part in group physical therapy, which inspired and motivated her.

"It feels like a miracle when you experience day-to-day improvement," Mrs. Welsch said. "The experience I had with my therapist and those who struggled along with me encouraged me to succeed."


Mrs. Welsch said other factors also added to her success. She followed exercise tips and read information provided by Dr. Femino before her operation. She attended a seminar by Dawn Bibbo, RN, MSN, ONC, the Service Line Manager for Orthopedics, offered every Tuesday for orthopedic patients to prepare them for surgery.

It has been less than a year since her knee replacement and Mrs. Welsch said she is nearly back to normal. She no longer experiences pain or hesitation when walking down a flight of stairs. She recently took a trip to Oregon with her husband and is planning a ski trip with her granddaughter this winter.

Mrs. Welsch was so pleased with her experience, she wrote a letter about Dr. Femino to Barry H. Ostrowsky, President and CEO of Barnabas Health, and Mary Ellen Clyne, Ph.D., President and CEO of CMMC. She said, "Dr. Frank Femino is a smart, caring and skillful physician. He serves his patients and his Clara Maass community with an unwavering commitment to excellence. It is no surprise that he has earned the respect and admiration of his patients as well as his dedicated staff."

Recently, she commented about the hospital, "With Clara Maass, you could never say that you didn't know what to expect. They do their best to minimize a patient's anxiety through information and education. The whole atmosphere at Clara Maass is like that of a family."

For more information about the Joint & Spine Institute, please call **973.450.2399**.



The Wound Center at Clara Maass Medical Center Helps Save Patient Limbs

Wayne Caputo, D.P.M., Medical Director of the Wound Center at Clara Maass, stands ready to fight anything from pain to infectious disease in order to salvage a patient's limb.

The Wound Center at Clara Maass, located on the first floor of the Continuing Care Building, has been treating patients with chronic wounds for 21 years. "We take a holistic approach," said **Wayne Caputo, D.P.M.**, Medical Director of the Wound Center. "We were one of the first and are the longest to remain in operation."

Dr. Caputo is a podiatrist and surgeon who treats patients with lower extremity wounds. He said patients at the Wound Center are seen by a team of experts, including plastic surgeons, vascular surgeons, pain management specialists, infectious disease specialists and experts in internal medicine and hyperbaric physicians.

"When they get to us, they see all the specialists they need to see in one place," explained Patricia Monterosa, Director of Wound Center Services.

By calling on a team of experts as soon as the patient is seen, Dr. Caputo said the wound patient has a better chance of saving the affected limb. "We are really a limb salvage center," he said. "We want to preserve the longevity of limbs and establish some quality of life for our patients."

Patient treatment can include contact casting, treating the wound topically, sharp debridement, treating the wound in the hyperbaric chamber with pressurized oxygen, using

bioengineered tissue grafts and counseling the patient on proper nutrition, compression therapy and fitting them with orthotics and prosthetics.

Besides being treated by a team of experts, the Wound Center staff is educated and familiar with the latest medical technology available in wound care. The Wound Center uses the most current technology and is continually improving its services with the most contemporary options available, said Ms. Monterosa.

For those who may be concerned about their wounds, Dr. Caputo, who has treated everything from bed sores to traumatic ulcers, urges people not to wait to seek treatment. Often when patients self-diagnose, the wound gets worse over time. "They try to take care of it themselves and that can cause more harm than good," agreed Ms. Monterosa.

Dr. Caputo said he finds working at the Wound Center rewarding because he sees patients get better, keep their mobility, and improve their quality of life. He has seen fathers who were suffering from lower extremity wounds get well enough to dance at their children's weddings after receiving care at the Wound Center.

Ms. Monterosa added, "We don't just treat that wound. We treat the whole person."

For more information about the Wound Center at Clara Maass Medical Center, please call **973.844.4070**.

Win the Ultimate Driving Machine

2013 BMW 128i Alpine White Convertible



Purchase your raffle tickets
and help
Clara Maass Medical Center fight cancer!

\$100 per ticket. Only 1,500 will be sold.

Drawing to be held at
Clara Maass Medical Center
at 4 p.m.
on December 10, 2013.

Raffle license #: 2874 ID #: 28-4-27496

To buy raffle tickets visit www.claramaassfoundation.org.

Tickets are also available for sale at
CMMC Foundation and in Administration.

■ ■ **Clara Maass Medical Center**
■ ■ Barnabas Health



BARIATRIC WEIGHT LOSS SURGERY HELPS RESTORE GOOD HEALTH

Being overweight can cause a host of health problems for men and women – including hypertension, diabetes and sleep apnea.

Naveen Ballem, M.D., Medical Director of The Weight Loss Institute of New Jersey at Clara Maass Medical Center, said, when he sees male patients, most seek medication to treat their health problems, but do not attack the underlying cause, which is being overweight.

Dr. Ballem said when patients first arrive at the Weight Loss Institute, they are seen by an interdisciplinary team of specialists to get help for any medical issues and to determine if weight loss surgery may be right for them. He said he may advise a patient to take part in a sleep study, meet with a psychologist, an exercise therapist or a nutritionist before undergoing weight loss surgery.

“We work as a team to address those issues,” he said. “We counsel patients on what’s right for them.”

Dr. Ballem said the medical staff takes into account a number of factors: the patient’s weight, their weight loss goals, their lifestyle behaviors and their medical issues, before matching them with the bariatric weight loss option that is right for them.

“They’re doing it to improve their health and their quality of life, to be here longer for their families,” he said. “By the time they decide, they have been informed and educated, and are comfortable and even excited about their decision.”

Dr. Ballem said patients have three surgical choices: band surgery, where an inflatable band is placed around the stomach to restrict the stomach size; laparoscopic sleeve surgery that removes part of the stomach, which allows the person to eat less, feel full quicker and lose weight; or a gastric bypass,

which involves creating a smaller stomach pouch and rerouting the intestine so the patient eats less food and absorbs fewer calories.

After sleeve surgery, which Dr. Ballem said is one of the most popular choices, patients go home within 24-48 hours and return to work after a week.

For those who undertake weight loss surgery, Dr. Ballem notes the results can be dramatic and long lasting. Patients often find that their health problems, including sleep apnea, will disappear. That eliminates the need to use any sleep-aid devices, which can be cumbersome or uncomfortable to wear.

A recent study also showed that the majority of patients who opt for gastric bypass surgery will see an end to their diabetic symptoms over time, he said.

Dr. Ballem commented there is also a psychological benefit to the surgery. As patients lose weight, they are more comfortable undertaking activities they could not do before – such as sitting comfortably in an airplane seat, taking part in amusement park rides and participating in social situations without feeling self-conscious.

“They get a new lease on life,” said Dr. Ballem. “There are all of these things they always wanted to do.”

For more information about the Weight Loss Institute of New Jersey, call **973.450.2393**.



Naveen Ballem, M.D.
Medical Director
of the Weight Loss Institute
of New Jersey at Clara Maass
Medical Center,

Through weight loss surgery with Dr. Ballem, James lost 150 lbs and no longer has diabetes.



Clara Maass Medical Center Celebrates Its 100th Robotic-Assisted Surgery

Using the new DaVinci Si state-of-the-art robotic surgical system, surgeons at Clara Maass Medical Center recently completed their 100th robotic-assisted surgery. Since the Medical Center invested in the robotic-assisted surgical technology last fall, interest has grown each month by patients who have heard about the less-invasive surgical option and by surgeons who are trained in the technology.

“It’s becoming more popular,” said **Michael J. Straker, M.D., FACOG**, who performed the 100th surgery at Clara Maass. Chairman of the Department of Obstetrics/Gynecology, Dr. Straker uses the robotic technology to do hysterectomies, ovarian cystectomies and to remove uterine fibroids (myomectomies) in a way that is less invasive for his patients.

“The advantage of robotic surgery is patients are able to get back to their normal daily activities. Their time off work is decreased. We are using smaller incisions,” he said, adding that the smaller incisions reduce the risk of complications and bleeding compared to traditional open surgery.

He said patients benefit because their recovery time is cut in half, from two to four weeks than the expected four to eight weeks. “Most patients are very happy that they’re back to their normal lives.”

Surgeons at Clara Maass Medical Center currently use the robotic-assisted surgery for gynecology, urology, kidney surgeries and other general surgery cases.

Dr. Straker said for a surgeon, the robotic option offers benefits that include wristed instruments that mimic the movements of the surgeon’s hands, making it more precise than laparoscopic surgery. The robotic system also offers enhanced magnification, including 3D magnification, which allows a surgeon to see the area where he’s working more clearly. With such a clear view of the human tissue, Dr. Straker said physicians are able to prevent complications more easily, including patient bleeding.

“Clara Maass Medical Center prides itself on being a state-of-the-art medical facility. The DaVinci Si robotic surgical system is another way we offer our patients the latest in surgical technology, which we hope will improve the patient experience here at Clara Maass,” said Mary Ellen Clyne, Ph.D., President and CEO of CMMC.

Dr. Straker predicted the demand for robotic-assisted surgery will continue to grow as more patients learn about the technology through word-of-mouth, the Internet, or their own physicians.

“It decreases the length of stay over traditional surgery,” he said.



Michael J. Straker, M.D., FACOG,
Chairman of the Department of
Obstetrics/Gynecology
at Clara Maass Medical Center

Clara Maass Medical Center Offers Robotic Options For Prostate Surgery

Prostate cancer is the second most common cancer among men in the United States after skin cancer. Though it can be serious, most men don’t die from it. According to the American Cancer Society, over 2 million men in the United States are prostate cancer survivors.

Here at Clara Maass Medical Center, our expert physicians offer comprehensive treatment options for prostate patients. Urologists **Michael Ciccone, M.D.**, and **Mutahar Ahmed, M.D.**, both trained robotics surgeons, want male cancer patients to know there is a less-invasive option for them when it comes to prostate surgery.

Dr. Ciccone said, “With the help of the Medical Center’s new Da Vinci Si robotic surgical system, prostate patients can have surgery in a way that is less traumatic, has a better chance of preserving urinary and erectile function, and gets them back to normal activities sooner than traditional surgery.”

He said there are advantages for patients when physicians perform robotic-assisted surgery for prostate surgery. “The incision is smaller, there is minimal blood loss... and the patients go home quicker and return to function and work.”

Because the robotic system has fine instrumentation at the end of wristed “arms” that articulate the same movements as the surgeon, Dr. Ciccone said the instruments can reach into small spaces, including where the prostate is located, more easily than the human hand.

Because the incisions are smaller, there is less blood loss. And since the robot magnifies the surgical field, the surgeon can more easily identify the patient’s nerves, which can better preserve erectile function.

Dr. Ciccone said a surgical robot doesn’t just help in removing a prostate. “It is also an essential tool urologists use during bladder surgery and some kidney procedures. Patients who have been diagnosed with prostate cancer should discuss their options with their urologists and decide what course of treatment is best for them,” he said.



Mutahar Ahmed, M.D., and Michael Ciccone, M.D.
Urologists at Clara Maass Medical Center



Project Talk for Kids

If you are the parent or guardian of a child making the transition to middle school, you may be wondering why your typically calm and collected son or daughter is suddenly stressing about the first day of school.

A recent survey conducted at Radburn Elementary School in Fairlawn, NJ, asked 60 fifth-grade students what is concerning them most about the start of middle school. “We were surprised at how eager the students were to share their thoughts,” says Carol Sprague, Prevention Specialist, Barnabas Health Institute for Prevention, who leads the school’s **Project TALK** (*Teaching Alternative Skills to Kids*) program. Project TALK is a school-based program that helps to identify and assess high-risk youth and guide them in attaining skills to increase their ability to succeed in school and life.

What is your child thinking about most?

Homework overload, mean or strict teachers, changes in friendships, detention for being late to class, and locker problems are the top five concerns, according to Ms. Sprague.

“We’re certainly not helpless when it comes to guiding our children through a smooth and relatively anxiety-free transition,” adds Ms. Sprague. “While it’s not realistic to try to shield them from every challenge or stressor, we can prepare them to meet their perceived obstacles with confidence by acknowledging their feelings and showing empathy.”

Keep the lines of communication open.

Although your child may not voice all of his/her concerns about starting middle school, odds are that he/she is thinking about the change. Gently bring up the topic by asking what he/she is looking forward to most.

Listen.

Make an effort to listen without interrupting or belittling the concerns. Saying “having a locker is no big deal” or “just make sure you’re on time,” is not likely to make a positive impact. Instead, talk about steps he/she can take to be on time or even purchase a combination lock and practice.

Instill confidence.

“One of the lessons we offer to students in Project TALK involves learning to be assertive and to disagree respectfully,” shares Ms. Sprague, citing that these confidence-building traits are powerful tools in overcoming peer pressure and bullying. “Parents can help build a child’s confidence by giving him/her responsibilities, such as chores, and offering praise for the effort.” Giving your son or daughter the opportunity to make decisions on his/her own, helping him/her understand that mistakes are part of the growing process and taking an interest in his/her hobbies are other ways to help instill confidence.

For more information about Project TALK or Barnabas Health Institute for Prevention, please visit www.instituteforprevention.com.

Project TALK is a program funded by the New Jersey Department of Human Services, Division of Mental Health and Addiction Services. Locations include East Orange, Fairlawn, Newark and Asbury Park.



Clara Maass Medical Center

Community Health Programs, Lectures & Support Groups

All Community Health events are presented by members of our expert health care team. All events are free of charge unless otherwise noted. Please call 1.888.724.7123. Leave your registration information unless otherwise noted. There will be free parking for all programs held at Clara Maass Medical Center.

Fall 2013

Life Is Better Healthy.



September

Take a Shot at Healthy Living: Adult Immunization Discussion

Friday, September 20; 10 a.m.
Lyndhurst Health Department
601 Riverside Avenue, Lyndhurst

Have you had your shots? Vaccinations aren't just for kids. Healthy adults can now protect themselves from the flu, shingles, whooping cough, and a number of other diseases thanks to a wide variety of vaccinations available. CMMC health experts will provide an overview of some vaccination options for healthy adults, including who should get them and how they protect you. Breakfast will be served. Immunizations will not be provided.

Hypertension – Know Your Numbers

Tuesday, September 24; 7 p.m.
Kearny Adult School
336 Devon Street, Kearny

Hypertension is a silent disease. A majority of patients show no symptoms at all. Come meet guest speaker Maria Felipe, MSN, APN, ANP-C, Barnabas Health Medical Group After Hours Medi-Center. She will be present to discuss high blood pressure, including the "magic" numbers that indicate whether blood pressure is normal or not, why knowing about blood pressure is important, and what treatment options are available. Free blood pressure screenings will be provided. Please call the Kearny Adult School at 201.955.1392 to register.

Healthy Shopping and Meal Prep

Tuesday, September 24; 7 p.m.
Kearny Adult School
336 Devon Street, Kearny

Eating healthy is the first step towards a healthier you. A CMMC Registered Dietician will be at the Kearny Adult School to offer tricks and tips on how to shop in a healthy way and mealplan for your family. Please call the Kearny Adult School at 201.955.1392 to register.

Healthy Aging – Live Stronger and Longer

Wednesday, September 25;
6 p.m.

North Arlington Health Department
10 Beaver Avenue, North Arlington

Let Clara Maass help you age gracefully. Come learn how to delay the onset of age-related disease and discomfort. No matter what your age, this seminar will provide you with information to begin maximizing your health and well being. Join Annette Cozzarelli-Franklin, M.D., Medical Director, Women's Health Center, CMMC, to learn about healthy aging. Dinner will be served.

Lifeline Challenge to Healthy Living 5K Run and 2K Fun Walk

Sunday, September 29
8:30 a.m. – Registration
9:30 a.m. – Run
9:45 a.m. – Fun Walk
Essex County Turtle Back Zoo,
West Orange

Help eliminate and prevent obesity. Be Healthy... Be Happy!

Proceeds from the family-friendly 5K Run or 2K Fun Walk will be used for after school, summer and community health programs that empower children and their families to lead healthy and active lives.

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



October

Think Pink Day!

Tuesday, October 1

Clara Maass Medical Center

Many people have a story to tell about the challenges of breast cancer. A breast cancer diagnosis tends to be a traumatic experience that not only affects the patient but her loved ones as well. **Wear pink** today to show your support – whether donning a head-to-toe outfit or slipping on a pair of pink socks or a pink tie.

Get a Grip on Your Arthritis

Wednesday, October 2; 1 p.m.

Belleville Senior Center

125 Franklin Avenue, Belleville

Arthritis is one of the most common chronic health problems as well as the leading cause of disability among Americans. Don't let arthritis prevent you from doing the things that you love. Learn how to best manage living with arthritis and how you can help its symptoms. This seminar is being hosted by the AARP group of Belleville, and is open to all. Lunch will be served. Please call 1.888.724.7123 to register.

Safe & Sound: Car Seat Check and Family Health Fair

Saturday, October 5; 9 a.m. to 12 p.m.

Continuing Care Building at Clara Maass Medical Center
1 Clara Maass Drive, Belleville

Come enjoy a day of family fun with Clara Maass Medical Center. Kids and adults can participate in a number of activities while the Belleville Police Department makes sure your child is using the correct car seat and that it is installed properly. A Teddy Bear Clinic, free giveaways and other activities will be offered to children. CMMC will provide adult screenings and health care information as well as a speaker to discuss childhood asthma and allergies.

Bring your vehicle to the back of the parking garage for the car seat check. Follow signs for the Continuing Care Building.

Women's Health Clinic & Pap Screenings

Wednesday, October 9; 9 a.m.

Lyndhurst Health Department

601 Riverside Avenue, Lyndhurst

Pap screenings are important in the prevention and early detection of cervical cancer. A woman should start getting regular Pap screenings by the age of 21. Lyndhurst Health Department will provide an OB/GYN to administer the pap screenings and a Barnabas Health Medical Group Family Health Center physician will discuss women's health and answer any questions. Offered to Lyndhurst residents only.

Take a Deep Breath: Healthy Lungs

Thursday, October 17; 12 p.m.

North Arlington Health Department

10 Beaver Avenue, North Arlington

There are many ways to prevent lung diseases and to maintain good lung health. Roland Romano, LPC, CTTS, RRT, the Community Outreach Coordinator from the Saint Barnabas Lung Cancer Institute, will discuss various ways to keep your lungs clean and healthy, as well as smoking cessation advice. So take a deep breath and join Clara Maass Medical Center for a healthy lungs seminar. Lunch will be served.

National Mammography Day

Friday, October 18

Each year, the third Friday in October marks National Mammography Day. Women are encouraged to make a mammography appointment on this day and throughout the month. **Wear pink** to show your support!

Taking Care of You: Free Breast Education Clinic

Monday, October 21
5:30 to 7:30 p.m.

Nutley Health Department

149 Chestnut Avenue, Nutley

CMMC will be partnering with the Nutley Health Department to offer breast exams, private consultations and a breast education clinic. **Wear pink!** Open to Nutley residents only. To register or for more information, please call the Nutley Health Department at 973.284.4976.

Breast Cancer Title Fight

Clara Maass Medical Center will be participating in this interactive family fun night which will be held in October. For more information, including date and time, please call the Nutley Health Department at 973.284.4976, and remember to **wear pink!**

November

Belleville Senior Health Fair

Wednesday, November 6; 9 a.m. to 12 p.m.

Belleville Senior Center

125 Franklin Avenue, Belleville

Come join CMMC health experts in collaboration with the town of Belleville to celebrate seniors. The Belleville Senior Health Fair is a day full of education, giveaways, free screenings, presentations and complimentary breakfast. In addition, Anupama Adlakha, M.D., Internal Medicine, Barnabas Health Medical Group, will discuss "Managing Your Diabetes." All are encouraged to attend!

Girls Night Out

Monday, November 11; 6 p.m.

Belleville Women's Club

51 Rossmore Place, Belleville

Ladies, mark your calendars and call your girlfriends! You are invited to join the Belleville Women's Club for a Girls Night Out. Together, let's learn about what makes us special and how to take care of ourselves. Come learn about the lifestyle choices you can make to live a healthier life, improve breast health and help reduce your risk for breast cancer. Enjoy an introduction to Zumba, free makeovers, jewelry sales, education and more! Light dinner will be served. Please call 1.888.724.7123 to register.

Butts Out!

Tuesday, November 12; 12 p.m.

The Cancer Center at Clara Maass Medical Center

One Clara Maass Drive, Belleville

Smoking is one of the hardest addictions to shake – but quitting is the best decision you will ever make. Whether you've tried to quit smoking before or are thinking about it, join Roland Romano, LPC, CTTS, RRT, the Community Outreach Coordinator from Saint Barnabas Lung Cancer Institute, to get advice on how to stay smoke-free!



Men's Health Clinic & PSA/Prostate Screenings

Wednesday, November 13; 5 p.m.

Bloomfield Health Department

1 Municipal Plaza, Lower Level, Bloomfield

Prostate cancer affects one in six men in the U.S., but if found early has a high treatment rate. Don't put it off – get screened today at this PSA and Prostate Screening. Offered to men aged 40 and older. Open to Bloomfield residents only.

Diabetes Expo and Health Fair

Thursday, November 14; 9 a.m. to 12 p.m.

Verona Community Center

880 Bloomfield Avenue, Verona

Join CMMC in conjunction with Montclair Health Department for our free diabetes health fair. Learn about healthy living and preventing and managing diabetes every day. We will have expert speakers, free glucose screenings and vendors that can provide you with valuable information on diabetes.

Meal Preparation and Diabetes: How to Manage Your Blood Sugar

Friday, November 15; 10 a.m.

Lyndhurst Health Department

601 Riverside Avenue, Lyndhurst

Are you or a loved one with diabetes confused about food choices and meal planning? A CMMC Registered Dietician will offer beneficial solutions to your day-to-day dietary challenges and further educate you regarding glucose and insulin. Free glucose screenings will be provided. Breakfast will be served.

Brown Bag Pharmacy

Thursday, November 21; 12 p.m.

North Arlington Health Department

10 Beaver Avenue, North Arlington

A registered pharmacist from CMMC will speak on proper medication administration. A nurse and pharmacist will then go through your medications with you, looking for any potential problems and answering any questions you may have. Lunch will be served.

Visit barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!

Upcoming Bariatric Support Group Topics and Schedule

Join the Weight Loss Institute of New Jersey at Clara Maass Medical Center for a free informational session, "Weight Loss Surgery Options." Learn if you or your loved ones are candidates for weight loss surgery, and what to expect before, during and after surgery. You will meet accomplished bariatric surgeon Naveen Ballem, M.D., Director of Bariatric Surgery, the whole Bariatric Surgery Team and former surgery patients.

Clara Maass Medical Center, Belleville Founders Room

Third Wednesday of Every Month at 6 p.m.

Following the "Weight Loss Surgery Options" seminars are Bariatric Support Groups for past bariatric patients. Each support group focuses on a different topic to help you maintain your weight loss and receive support from others.

September 18

Grocery Store Tour from Kathrine Kent, MS, RD; Steve Gonnelli, BS, CPT; and Colleen Cauley, R.N..

October 16

Plastic Surgery discussion with Joseph Racanelli, M.D.

November 20

Eating During the Holidays and How to Avoid Weight Gain with Kathrine Kent, MS, RD.

December

Holiday Party with the entire bariatric staff. Date to be determined. Call for more information.

For more information or to register, please call Colleen Cauley, Bariatric Navigator, at 973.450.2398. Walk-ins are welcome.



Programs at the Cancer Center at Clara Maass Medical Center

All programs will be held in the Cancer Center at CMMC, located in the Continuing Care Building.

1 Clara Maass Drive, Belleville

Look Good...Feel Better

This national public service program helps female cancer patients improve their self-image by instructing hands-on beauty techniques to manage the appearance side effects of chemotherapy and radiation treatments. Registration is required.

September 23, November 18

10 a.m. to 12 p.m.

To register, please call the Cancer Center at 973.844.4150.

Breast Cancer Support Group

No woman should be alone in her fight against breast cancer. Whether you have recently been diagnosed or are a survivor, CMMC can help you cope and share your journey with others who can relate.

Mondays: September 30, October 21, November 18.

Dates are subject to change. Please call ahead to register/confirm.

If you are interested in attending a breast cancer support group, please contact Raylene Langish at 973.450.2332 or rlangish@barnabashealth.org.

Drop-In Bereavement Group

Individuals who have experienced the death of a loved one are invited to share their story with others who are grieving. Facilitated by a licensed social worker, the group provides a safe place for people to feel understood and supported through a difficult time.

Every Tuesday

12 to 1 p.m.

For more information, please call the Cancer Center at 973.844.4150.



Coming in January...

Men's Health Initiative: a Super Sports Event

Be on the lookout for more details on this touchdown of an event. For more information, you are welcome to call the Cancer Center after December 1, at 973.844.4150.

Parent Education Programs at Clara Maass Medical Center

To preregister for any CMMC Parent Education Program, please call 1.888.724.7123. Please note that all classes are subject to cancellation if a class does not reach a minimum number of participants, and you will be rescheduled for the next available class. Please call to confirm dates and times of classes.

Maternity Tea

Meet the staff, tour the Maternity Center and learn about various parent education classes, admitting procedures and childbirth options.

First Saturday of each month.

3:30 p.m.

Prepared Childbirth

Perfect for the first-time mom, this three-class series provides information on the birth process, relaxation and breathing techniques, medication, and postpartum adjustment. The Belleville Police Department will provide information on car seat safety. Schedule class during the middle of your pregnancy. \$80 per couple (\$100 per couple if not delivering at CMMC).

First, second and third Wednesdays of each month, or first, second and third Thursdays of each month.

7 p.m. to 8 p.m.

Weekend Childbirth Series

A condensed two-day version of the three-class Prepared Childbirth Class. Schedule class during the middle of your pregnancy. \$100 per couple (\$120 per couple if not delivering at CMMC.)

Third Saturday and Sunday of each month

10 a.m. to 12 p.m.

Thinking about Breast Feeding

Professional nurses trained in lactation consultation will offer expectant mothers information about the advantages of breastfeeding, maternal nutrition, breast care and the breastfeeding working mother.

\$25 per person.

Second Monday of each month

7 p.m. to 9 p.m.



Welcome Baby! Sibling Program

Through this program, pre-school and young school-aged children are introduced to the exciting role of being an older brother or sister that helps them feel involved. The program provides information about the childbirth process and newborns, and also gives a tour of the maternity unit. The class ends with a birthday party to celebrate the arrival of the new "little" brother or sister. Families should select a date close to the expected delivery date. \$15 per child.

Second Sunday of each month.

10 a.m. to 12 p.m.

Baby Shower Infant Care Class

For families planning to deliver at CMMC, this two-hour program covers basic infant care, safety and postpartum concerns. Participants receive a free gift. Required physician signature on registration form to attend.

Fourth Wednesday of each month.

7 p.m. to 9 p.m.

Free Blood Pressure, Cholesterol and Glucose Screenings

Blood Pressure & Glucose

Glen Ridge Pharmacy & Surgical
855 Bloomfield Avenue, Glen Ridge

*Mondays: September 23, October 28,
November 25, December 23*

10 a.m. to 12 p.m.

Blood Pressure

**Clara Maass Medical Center
Main Lobby**

One Clara Maass Drive, Belleville

Wednesday, September 11

11 a.m. to 1 p.m.

Nutley Shop-Rite

437 Franklin Avenue, Nutley

*Thursdays: October 3,
November 7, December 5*

8 a.m. to 10:30 a.m.

Bloomfield Stop & Shop

8 Franklin Street, Bloomfield

*Tuesdays: October 1, November 5,
December 3*

10 a.m. to 12 p.m.

Clifton Stop & Shop

160 Kingsland Avenue, Clifton

*Tuesdays: September 17, October 15,
November 19, December 17*

10 a.m. to 12 p.m.

Cholesterol

(2-hour fast recommended)

**Clara Maass Medical Center
Main Lobby**

One Clara Maass Drive, Belleville

Wednesday, October 9

11 a.m. to 1 p.m.

Glen Ridge Pharmacy & Surgical

855 Bloomfield Avenue, Glen Ridge

*Mondays: October 14,
November 11, December 9*

10 a.m. to 12 p.m.

Nutley Shop-Rite

437 Franklin Avenue, Nutley

*Thursdays: September 12, October 10,
November 14, December 12*

8 a.m. to 10:30 a.m.

HB Pharmacy

98 Ridge Road, North Arlington

*Thursdays: September 19, October 17,
November 21, December 19*

9 a.m. to 11:30 a.m.

Glucose

(2-hour fast recommended)

**Clara Maass Medical Center
Main Lobby**

One Clara Maass Drive, Belleville

Wednesday, November 13

11 a.m. to 1 p.m.

Nutley Shop-Rite

437 Franklin Avenue, Nutley

*Thursdays: September 19, October
17, November 21, December 19*

8 a.m. to 10:30 a.m.

Comprehensive Blood Screenings

(fee of \$40)

**Clara Maass Medical Center
Belleville Founders Room**

One Clara Maass Drive, Belleville

*Thursdays: September 26, October
24 – Belleville Founders Room*

*November 21, December 19 – Morris
Canal Room*

7 a.m. to 9 a.m.

Visit www.barnabashealthcalendar.org where you may also register for seminars and become a member of Clara's Wellness Club!



Clara Maass Medical Center
Barnabas Health

1.888.724.7123 www.barnabashealth.org/claramaass



Meet Laura Pantusco: Child Life Specialist



Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of CMMC, left, with Laura Pantusco, CMMC Child Life Specialist.

With her bright, bubbly smile and friendly demeanor, it is easy to see why Child Life Specialist Laura Pantusco is a hit with children.

Ms. Pantusco spends her days with pediatric patients at Clara Maass Medical Center, educating, supporting and coaching them through their various procedures. From toddlers to teenagers, Ms. Pantusco tries to make their stay at the Medical Center as comfortable as possible.

“A Child Life Specialist brings pediatric patients a level of care and comfort while they stay at the Medical Center. It helps them to have a positive experience during what can be a difficult time,” said Jane Newman Kessler, Vice President of Clara Maass Medical Center Foundation, which underwrites the cost of the Child Life Specialist.

Ms. Pantusco recalled meeting a four-year-old boy who was in the hospital and was nervous. He didn’t speak much English, but she was able to chat with him about his favorite toys and animals and learned that he loved dinosaurs. Soon, the two of them were looking at pictures of dinosaurs in a book and reading together. The activity took his mind off his upcoming procedure and made him feel more at ease, she said.

Whether it’s blowing bubbles, drawing pictures, playing with toys together or answering a child’s questions, Ms. Pantusco

takes her cues from the child to find a way to connect. “It could be anything from watching Thomas the Tank Engine to providing visual explanations of IV’s and medical equipment,” she said.

It doesn’t really matter the age, gender or ethnicity of the child. “The language of play transcends through all ages and backgrounds,” she said. Ms. Pantusco said helping her patients and getting to know the families personally is her favorite part of the job.

Providing Child Life Services has another positive effect – it eases the minds of family members who worry about their children during a hospital stay. Ms. Pantusco also eases the anxiety levels of parents and siblings by answering questions that may be on their minds.

If requested, Ms. Pantusco can accompany patients in their room for certain tests, which helps the child relax during the procedure and comforts the parents.

Sonia Carreira, R.N., noted that Ms. Pantusco has become a vital part of the Pediatrics team. She said her warm personality and friendliness are infectious and often puts parents at ease, along with the patients.

When working with children, Carreira said Ms. Pantusco, “Makes them comfortable so they’re not as scared. She makes such an impact on them.” She said Ms. Pantusco finds the right activities for a child of any age – using age appropriate activities and conversation as a way to connect with older children.”

Ms. Pantusco said the respect is mutual and that the Pediatrics Unit works together to ensure patients are having the best experience possible. “We work as a team. The nurses, doctors, families, and I work together to help make every patient’s treatment and stay more comfortable.”

For more information on Pediatric Services at Clara Maass Medical Center, please call 973-450-2000. For information about Clara Maass Medical Center Foundation or to make a donation to this program, call 973.450.2277.





5K RUN & 2K FUN WALK

BE HEALTHY... BE HAPPY

**Sunday, September 29, 2013
Essex County Turtle Back Zoo
West Orange, NJ**



REGISTER TODAY!



www.ClaraMaassFoundation.org

5K or 2K participation as an individual or team

Adults (18+): \$25 (zoo admission included)

Children*: \$5 (zoo admission included)

*All children must be accompanied by an adult.

Event will take place rain or shine.

PRIZES

Raise \$500

Receive an iPod shuffle

Raise \$1,000

Receive an iPod nano

Raise \$5,000

Receive an iPad mini



**Raise money through donations
by creating your own individual
or team fundraising page!**

Clara Maass Medical Center
Barnabas Health

BREAKTHROUGH PROCEDURE OFFERS SINUS RELIEF



Board-certified otolaryngologists and brothers **Oliver S. Youssef, M.D.** (left), and **Jan S. Youssef, M.D.**, offer a breakthrough procedure for chronic sinusitis, through The Ear, Nose and Throat Center of New Jersey at Clara Maass Medical Center.

Throbbing facial pain, unrelenting post-nasal drip and congestion, fatigue and a persisting cough. For those suffering from chronic sinusitis, these torturous symptoms occur frequently and relief can be hard to find.

Caused by inflamed and swollen nasal cavities, chronic sinusitis can sometimes be treated effectively with antibiotics; but even multiple rounds of medications may not completely stop the reoccurrence of symptoms, experts say.

Board-certified otolaryngologists and brothers, **Oliver S. Youssef, M.D.**, and **Jan S. Youssef, M.D.**, at The Ear, Nose and Throat Center of New Jersey offer the breakthrough Balloon Sinuplasty procedure to offer relief for adults as well as children suffering from the pain and pressure associated with chronic sinusitis.

Before Balloon Sinuplasty was an option, patients received traditional sinus surgery where bone and tissue were removed to enlarge the sinus opening, often leading to post-operative pain, scarring and bleeding. "Traditional sinus surgery took about one-and-a-half to two hours under general anesthesia. Patients would wake up with gauze packing in the sinuses for three to five days and experience significantly more pain," says Dr. Oliver Youssef. "Now with the advent of Balloon Sinuplasty, pain is avoided and there is no packing placed when the procedure is done in the office setting. Only minimal packing is used if a septoplasty is performed in conjunction with the balloon procedure in the hospital setting."

Similar to how angioplasty uses balloons to open blocked arteries, Balloon Sinuplasty utilizes a system of FDA-cleared, catheter-based instruments to open blocked sinuses by widening and restructuring the walls of the sinus passage with a balloon, allowing for a more durable sinus opening. This procedure helps to drain mucus from the blocked sinus and restore normal sinus drainage without cutting and with minimal bleeding, while preserving the natural structure of the sinuses. "Since we're not removing as much tissue as in the past, there's significantly less pain," said Dr. Oliver Youssef. "Patients return home that very day and most return to normal activities within one to two days."

Ideal for patients who don't respond well to medications such as antibiotics, nasal steroids, or over-the-counter drugs, Balloon Sinuplasty is less invasive than traditional sinus surgery and can be performed in an office setting under local anesthesia. Those with more severe symptoms or underlying causes, such as nasal polyps or a deviated septum, may require additional treatment in addition to a Balloon Sinuplasty.

Lyndhurst resident Gail Restaino opted for Balloon Sinuplasty surgery after suffering from sinusitis. "I had excruciating headaches and pain – it was just awful," she said. "I tried various medications like nasal sprays, steroids and antibiotics, but nothing worked." Following the procedure performed by Dr. Oliver Youssef, Gail says it's much easier to breathe and she seldom has headaches. "My head feels clear and breathing is wonderful." Gail also has her sense of smell back, "I can smell things from a mile away!"



Sinusitis patients can learn more about Balloon Sinuplasty at Clara Maass Medical Center by calling the Barnabas Health link at **1.888.724.7123** or by visiting **www.barnabashealth.org**.

Barnabas Health Hospice and Home Care

We're here when you need us.

Our programs and services include:

- ▶ Advanced Dementia Care
- ▶ Bereavement Support
- ▶ Cardiac Conditioning Program
- ▶ Cardiac Home Monitoring
- ▶ Cardiac Special Care
- ▶ Congestive Heart Failure (CHF) Program
- ▶ Falls Prevention Services
- ▶ Jewish Hospice Services
- ▶ Joint Replacement Home Recovery
- ▶ Medication Management
- ▶ Palliative Care
- ▶ Pulmonary Special Care
- ▶ Red Door Program
- ▶ Stroke Recovery Program
- ▶ The Shining Stars Pediatric Care Program
- ▶ Volunteer Support



Visit barnabashealth.org/hospiceandhomecare to download a free copy of “My Personal Health Record” – a valuable tool to assist in keeping track of your important medical information.

Barnabas Health
Hospice and Home Care

Find us on Facebook

www.facebook.com/bhhospiceandhomecare



Clara Maass Medical Center Emergency Department Offers Expert Care And Commitment To Patients



Emergency Department staff, from left to right Directors: **Anton Ferrer; Shahrona Rison and Tara Cullen;** and **John Fontanetta, M.D.,** Chairman of Emergency Medicine

The trained professional staff of the Emergency Department at Clara Maass Medical Center is ready to help patients 24 hours a day.

And with more than 80,000 visits to the department a year, these seasoned professionals are experts in helping adults and children who walk through the door – whether they're being treated for injuries from a car accident, a broken bone, or a heart attack.

“Our doctors have been here a long time and the patients get great care,” said Anne Marie Wertz, manager of the Emergency Department’s Rapid Diagnostic Unit, who has worked in the department for 12 years. Indeed, all of the doctors in the Emergency Department are board certified in Emergency Medicine and even more impressive is that most of the doctors are also board certified in additional specialties including Family Practice, Internal Medicine, Pulmonary Medicine and Critical Care Medicine.

John Fontanetta, M.D., is the chairman of Emergency Medicine for Clara Maass Medical Center.

Many of the employees have worked in the Emergency Department for years, by choice, including Shahrona Rison, Assistant Director. That’s because they have a passion and dedication for what they do, she said, “They’re going to go the entire nine yards, whatever it takes.”

The Emergency Department uses a team approach to diagnose and treat patients, which helps patients get treated more quickly and ensures they receive the care they need. Clara Maass is also a Primary Stroke Center and an accredited Chest Pain Center for the treatment of heart attack. In addition, there are many features to the 52-bed unit that keep it running smoothly.

Features Include:

- ▶ The Emergency Department has a Fast-Track area for less serious cases, including sprains and fevers.
- ▶ An expert available 24 hours a day to provide an initial evaluation for patients with behavioral health issues.
- ▶ “Arctic Sun” equipment for treating hypothermia in post-cardiac patients.
- ▶ A pediatric waiting area with colorful tables and a television for children.
- ▶ A Concierge desk to greet patients and help them register.
- ▶ Mobile electronic-documentation allows patient records to be entered or paperwork to be completed at the patient’s bedside.

Patients may be moved to the Rapid Diagnostic Unit, which is a quiet, spacious room, when they have to stay at the Medical Center for tests or observation, but do not necessarily need to be admitted. Ms. Wertz said the unit is a quieter, more comfortable atmosphere for patients who may be undergoing stress tests or other procedures.

Their goal, said the staff, is to treat patients like they would their own family members. Tara Cullen, the new Assistant Director of the Emergency Department said, “We give excellent patient care.” Ms. Rison echoed her feelings, “The patients are the priority. When they leave here I want them to have such a good experience that they will tell someone else ‘I was treated well there.’”

For more information, please call **973.450.2100.**

Clara Maass Medical Center Cares for Oncology Patients – Physically and Mentally

The Cancer Center Welcomes Psychologist

Experts at Clara Maass Medical Center know that comprehensive cancer treatment doesn't stop with healing the body. They know that keeping a patient mentally healthy is an important part of recovery from illness.

That's why the Cancer Center at CMMC is proud to welcome **Lisa M. Orsini, Ph.D.**, an experienced clinical psychologist, to its team. She will work with cancer patients at the center to assist them through feelings of depression, anxiety or isolation following a cancer diagnosis and offer them individual or family counseling sessions as they undergo treatment.

"The Cancer Center at CMMC is committed to meeting the physical and psychosocial needs of our patients by offering access to a full array of professionals in one convenient location," said Jill Wargo, Director of the Cancer Center.

Dr. Orsini, who has a wide breadth of experience, said it is important for patients to have someone outside of their family to confide in at what can be an anxious time. "People need support," she said. "That helps determine their recovery and rehabilitation and quality of life."

After a cancer diagnosis, Dr. Orsini said the need for support increases because patients may experience increased worry and are often concerned about how to talk to family members about issues such as diagnosis and treatment. Therapy offers patients a good resource for learning more about thoughts and feelings about illness, since it provides education and support.

For seriously ill patients, therapy can offer a chance to re-evaluate the meaning of life by encouraging relationship bonds, completion of lingering lifelong goals and, most importantly, therapy can help patients tie any loose ends regarding the legacy they would like to leave with others, Dr. Orsini said.

"We are proud to offer this expert care to cancer patients at Clara Maass Medical Center," said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer of CMMC. "Patients are getting the best expert medical resources to keep them physically and mentally strong on their path to wellness."

Dr. Orsini will be developing a distress management program for oncology patients in addition to working closely with the Palliative Care Team. Dr. Orsini holds degrees in clinical psychology and is licensed to practice in both New Jersey and New York.



Lisa M. Orsini, Ph.D.
Clinical Psychologist at the Cancer Center at
Clara Maass Medical Center

Appointments can be scheduled by calling
973.844.4150.



The Cancer Center

The Cancer Center at Clara Maass Medical Center offers a comprehensive array of cancer services, including advanced technology and treatment options in radiation oncology, surgery and drug therapies. At the Cancer Center, an expert team of oncologists, surgeons and cancer patients work together with the patient to develop an integrated cancer treatment plan in a warm compassionate environment.

Fertility Can Be Preserved For Many Cancer Patients

Fertility expert and attending physician counsels patients, doctors and nurses to help preserve patient fertility at the Cancer Center at Clara Maass.

The thought of infertility after cancer treatment should not add to the worry that accompanies a cancer diagnosis.

Matan Yemini, M.D., said thanks to current fertility preservation options available, half of men and one-third of women diagnosed with cancer during their reproductive years have still been able to have children. Dr. Yemini is an attending physician at the Cancer Center at Clara Maass Medical Center. He wants CMMC's cancer patients to know that having cancer does not mean that the chance to have a family is over.

"When you are diagnosed with cancer, the fact that you can preserve your fertility is an important part of the cancer process," he said. "It helps you cope with the treatment and diagnosis, and of course, gives you hope."

He added it is important that cancer patients are educated and aware of their options for preserving their fertility when entering cancer treatment. Fertility preservation is an important part of patient care and is a way to treat the patient, both emotionally and physically.

Dr. Yemini has over three decades of experience in Reproductive Endocrinology and Infertility Treatment. Because of rapidly advancing cancer treatment options, he said patients facing a cancer diagnosis are more likely to be cured or to be in remission, than in years past. Once their cancer treatment is over, many of them want to start families, according to Dr. Yemini, and the good news is, now they can.

Often, cancer treatments can accelerate the destruction of eggs in women's ovaries and can also damage men's reproductive material. Depending on the level of chemotherapy a patient undergoes, there is usually a 30-50-percent chance of no eggs or sperm lasting past treatment. Dr. Yemini added,

"Any time you undergo more aggressive chemotherapy, the chances of fertility after treatment are much lower."

However, there are options available. Women can opt for the cryopreservation of eggs or cryopreservation of embryos prior to cancer treatment and men can cryopreserve sperm. Cryopreservation preserves cells, whole tissues and other matter susceptible to damage from cancer treatment. There is no limit on how long eggs, embryos, or sperm can be cryopreserved, he said, though, it is important to decide quickly when a patient is considering fertility preservation so that person's cancer treatment is not delayed.

Freezing multiple sperm samples is important for men in case their first attempts at insemination are not successful. Women who delay treatment for a short time so they can freeze their eggs appear to have the same remission rates as other women, he said, according to a study. In addition, though chemotherapy can be damaging to a woman's organs, he said many women can still carry a pregnancy to term once their treatment is completed.

Dr. Yemini does not limit his consultation to men and women who are of reproductive age, but also talks to younger patients and encourages them to plan for the future, so their fertility will not be compromised by the effects of chemotherapy and radiation. "It's very important that we, as doctors, are part of a patient's hope and process," he said.

Younger female patients also have the option of removing and freezing an ovary and then reimplanting it in the future to achieve pregnancy in later years. Adult patients, he said, often wait about two years after cancer treatment is completed before trying to conceive, depending on the severity of their disease.

"These patients trust you to be part of their care in one of the most difficult times of their lives," says Dr. Yemini. "I always have a lot of respect for infertility patients. You need a great deal of courage to deal with infertility, and for cancer patients with infertility, that courage is doubled."

For an appointment or more information on fertility preservation, please call the Cancer Center at **973.844.4150**.



Matan Yemini, M.D.
Attending physician at the Cancer Center
at Clara Maass Medical Center

Clara Maass Medical Center Proud to be a Community Partner

From running races to giving speeches, volunteers and staff from Clara Maass Medical Center participated in many local events.

Clara Maass Volunteers Run For Cancer Research

Wearing blue baseball caps with the words "Clara Maass Medical Center" on the front, and donning Barnabas Health t-shirts, volunteers from CMMC took to the roads of the South Mountain Reservation this May to support the 2013 Susan G. Komen Race for the Cure.

Physicians, nurses, representatives of the Cancer Center and other staff joined together to raise money for the fight against breast cancer. Volunteers helped out at the Barnabas Health tent, giving out tote bags and other souvenirs to hundreds of runners who participated.



But CMMC's support for the fight against cancer didn't end there. At DeMuro Park in Nutley, cancer survivors were honored by CMMC, during the all-night Nutley Relay for Life event sponsored by the American Cancer Society.

CMMC donated fruit, granola bars and colorful cupcakes to cancer survivors along with goody bags during the evening-long event that featured a candlelit ceremony to honor survivors.

Cancer Center Director Jill Wargo and Carolyn Giordano, R.N., Oncology Nurse, were the team captains for this meaningful event.

CMMC Brings Attention To Brain Injury At The Montclair Film Festival

Frank Mazzarella, M.D., Chief Medical Officer, CMMC, highlighted the importance of preventing Traumatic Brain Injury, while speaking to an audience at the Claridge Cinemas in Montclair as part of CMMC's sponsorship of The Montclair Film Festival.



CMMC sponsored the showing of "The Crash Reel" – an HBO documentary about Olympic-level snowboarder Kevin Pearce and his lengthy recovery from brain injury after a snowboarding accident.

Dr. Mazzarella warned that brain injury is the second leading cause of death for young adults after car accidents and he also highlighted the new cardiac and concussion screenings being offered to young athletes by CMMC and the Barnabas Health system.

National statistics show that over 1 million people will suffer traumatic brain injury this year in the United States, including 300,000 people who will receive sports-related injuries.

CMMC and its medical staff wants to bring attention to this issue and remind people to use safety helmets during sports and to consider getting a baseline concussion screening at CMMC.

Clara Maass Nurses Take To the Airwaves To Celebrate Nurses Week



Proudly explaining the orthopedic, bariatric and cancer programs at CMMC, nurses and nursing executives from Clara Maass were featured on 1250 AM WMTR as part of this year's Nurse's Week celebration.

Chief Nursing Officer and Vice President of Patient Care Services, Lea Rodriguez, R.N.,

MAS, kicked off the broadcast talking about CMMC's staff of professional and caring nurses. Crystal Branch, R.N., Nurse Manager, gave a glimpse into the myriad orthopedic programs at CMMC and the way successful orthopedic treatment has changed the lives of patients. Dawn Bibbo, R.N., Manager of the Bariatric Service Line, talked about the continuum of care offered to CMMC's bariatric patients and Carolyn Giordano, R.N., an oncology nurse, spoke about the deep bond between oncology nurses and their patients and the array of services available to cancer patients at CMMC.

The radio staff from WMTR turned the CMMC cafeteria into a live studio and gave away lottery tickets and bumper stickers during the morning-long broadcast. What a wonderful celebration for the outstanding nursing staff at CMMC.

Clara Maass Medical Center Underwrites Taste of Montclair Charitable Fundraiser

Raising money to help several local food



charities – including The Salvation Army and The Human Needs Food Pantry in Montclair – Clara Maass Medical Center was a sponsor of the Taste of Montclair, held at Montclair State University.

The event featured food tastings from several local restaurants, desserts and spirits to highlight the vast array of gourmet cuisine available in the Montclair area. The annual event is organized by the Rotary Club of Montclair and raises thousands of dollars for charity each year.

In addition to helping sponsor the event, Clara Maass Medical Center staff attended the event, greeted guests and talked about hospital programs while mingling with visitors.

Volunteers from CMMC Greet Runners at 10K Race

Runners crossing the finish line at the 10K Cherry Blossom Race at Branch Brook Park were greeted with cheers and fresh cold water, thanks to the staff at Clara Maass Medical Center.

Besides volunteering to assist runners, at least 40 people from Clara Maass and Barnabas Health also participated in the race.

There were walkers and runners and even a dog who supported the race on behalf of Barnabas Health. It was a great opportunity to enjoy a day outdoors while getting some exercise and interacting with runners and their families at Branch Brook Park, which is located across the street from CMMC.

Renowned Nurse Theorist Jean Watson, Ph.D., Visits Clara Maass Medical Center



Nurse theorist Jean Watson, Ph.D., a professor at the University of Colorado Denver College of Nursing, and the founder of the Theory of Human Caring, spent the day at Clara Maass Medical Center and spoke to nurses for over two hours, in a visit underwritten by Clara Maass Medical Center Foundation.

She urged nurses to make time for themselves and to be wholly present for their patients. She also visited each floor of the Medical Center to see Tranquility Rooms that had been opened for nurses to rest and recharge, an idea also piloted by Dr. Watson. She led the nurses on a guided relaxation exercise, joined them for meals and took photographs with them during her special visit.

Clara Maass Medical Center Donates Five Defibrillators To Belleville Public Schools



When student-athletes play sports at Belleville school facilities, there will now be an Automated External Defibrillator (AED) device available, thanks to Clara Maass Medical Center Foundation.

Mary Ellen Clyne, Ph.D., President and CEO of CMMC, presented the AED devices to the Belleville School Board at a regular meeting and reminded the parents and educators in the audience that Clara Maass Medical Center is available to them for their health and medical needs.

Athletic Director Thomas D'Elia said the AED devices would be placed at playing fields where students take part in football, baseball, softball and soccer, in addition to the middle school and high school. The AED devices are to be used in case of a cardiac emergency and D'Elia said previously there was only one available for coaches and trainers.

Members of the Public Join in Groundbreaking Cancer Prevention Study

They did it in honor of friends, family members and their children, in the hopes that someday there would be a future that's free of cancer. Volunteers from the public and from the staff at Clara Maass filled out a survey, donated a small amount of blood and met with representatives of the American Cancer Society to do their small part to change history. They joined in a long-term cancer prevention study called CPS3 that will help find links between heredity, environment and behavior to aid in finding the cure for cancer.

All of the Barnabas Health facilities served as host sites for the cancer study sign-ups. Overall, more than 700 people enrolled in the study through Barnabas Health facilities.



Previous studies by the American Cancer Society discovered the link between smoking and cancer and obesity and cancer. We are proud of the staff and volunteers who showed a commitment to help in this worthwhile endeavor.

Hospitals From NJ Seek Ways to Prevent Delirium in Elderly Patient

Whether it's reading the newspaper together, engaging in conversation, sharing a meal or taking walks, staff at Clara Maass and other hospitals throughout the state are making a concerted effort to prevent delirium in elderly patients through a variety of strategies.

Patients who avoid delirium while in the hospital are discharged more quickly, have fewer return hospital visits and have an overall better quality of life, studies have shown.

Teams of medical and other professionals came together at the HealthCare Foundation of NJ Learning Center on the CMMC campus to share ideas and success stories at a delirium conference sponsored by Clara Maass Medical Center Foundation.

The John I. Crecco Foundation Donates to Cardiac Services



Former Bloomfield Mayor John Crecco and his wife, former state Assemblywoman Marion Crecco, recently donated \$12,000 to CMMC to benefit its cardiac services.

At a visit to the CMMC campus, the Creccos expressed their appreciation for CMMC's expert cardiac programs and talked about their long relationship with CMMC and some of its physicians. The gift was presented to Jane Newman Kessler, Vice President of CMMC Foundation. She said the gift from the Crecco Foundation would be used to augment cardiac services at the hospital and money received from them previously aided in funding the new Cardiac Rehabilitation Suite and the equipment used by cardiac patients when they visit the suite.

CLARA MAASS MEDICAL CENTER AWARDS AND ACCOLADES

- ▶ Healthgrades rating service recognized Clara Maass with a Patient Safety Excellence Award for the last three years, putting the Medical Center in the top 10 percent nationwide for patient safety in 2011, 2012 and 2013. Also in 2013, the Medical Center was selected as one of "100 Hospitals with Great Heart Programs," by Becker's Hospital Review. In 2012, Clara Maass received two Grade "A" scores in Hospital Safety by the Leapfrog Group, followed by an additional "A" in the Spring 2013 Hospital Safety Score.
- ▶ U.S. News & World Report has ranked CMMC among the 50 Best Regional Hospitals in the New York Metropolitan Area for three consecutive years, and was recognized in 2013 for high performance in the areas of diabetes, nephrology, neurology and orthopedics.
- ▶ Clara Maass was one of three hospitals in New Jersey to be named a Thomson Reuter Top 100 Hospitals in 2012, CMMC was also one of 12 hospitals nationally to receive the Thomson Reuters Everest Award. The Everest Award is based on recognition of superior performance measures and the greatest improvement rates over five years.
- ▶ The 2013 New Jersey Department of Health Hospital Performance Report ranked CMMC top in the State and top in Essex County for patient treatment of Heart Attack, Heart Failure, Pneumonia and Surgical Prevention Infection.
- ▶ CMMC has earned the Gold Seal of Approval in 2012 from the Joint Commission with Disease-Specific Care Certification in Acute Coronary Syndrome, Cardiac Rehabilitation, Congestive Heart Failure and Knee and Hip Repair. Recognized as a Joint Commission Top Performer on Key Quality Measures for Heart Attack, Heart Failure, Pneumonia and Surgical Care for the last two years.
- ▶ Clara Maass Medical Center provides a continuum of care to residents of northern New Jersey, serving Essex, Hudson and Bergen counties. CMMC centers and services include the Cancer Center at Clara Maass, the Geriatric and Adult Behavioral Health Unit, the Health and Wellness Center, the Joint & Spine Institute, The Wound Center at Clara Maass, The Weight Loss Institute of New Jersey, The Eye Surgery Center, Nuclear Medicine, Diagnostic Cardiac Services and Rehabilitation, The Pain Management Center, Same Day Surgery, The Center for Sleep Disorders, Rehabilitation Services, Maternity Services and Parent Education, Robotic Surgery and Pediatrics.



▶ **Clara Maass Medical Center – Main Number: 973.450.2000**

Behavioral Health	800.300.0628
The Cancer Center	973.450.2270
Cardiac Services	973.450.2086
Clara Maass Foundation	973.450.2134
Emergency Department	973.450.2100
The Joint & Spine Institute	973.450.2399
Medical Records	973.450.2064
Patient Information	973.450.2300
Radiology	973.450.2030
Same Day Surgery	973.450.2750
Center for Sleep Disorders	973.450.2444
Wound Center	973.844.4070

Barnabas Health Ambulatory Care Center	
Main Number	973.322.7000
Barnabas Health Hospice and Palliative Care Centers	
Main Number	973.322.4800
JerseyCare Home Health	
Main Number	973.243.9666
Medical Center Health Care Services	
Main Number	973.243.1001