

In Good Health

A publication of **Clara Maass Medical Center**



01 Bariatric Surgery Program Receives Top Quality Certification - Bariatric and Metabolic Institute at Clara Maass earns national honor

04 Renovations Bring State-of-the-Art Improvements to Several Clinical Areas

17 Shoveling Snow Raises the Risk of a Heart Attack Fact or Fiction?

Dear Friends,

We hope that you and your families made it comfortably through this snowy winter season and are ready for the transition into spring. While this year's winter weather may have prevented you from achieving the goals you originally set for yourself this year, there is no better time than now to get back on track. As a Barnabas Health facility, Clara Maass Medical Center is here for you and your loved ones as you prepare to take advantage of the upcoming spring season.

There is a multitude of ways to put health and wellness first as we move into the warmer weather. Clara Maass Medical Center is committed to leading the way for healthier communities – from prevention and treatment services to outreach and support activities.

We offer numerous programs and diagnostic services to aid in early detection, as well as programs to help you manage any existing health conditions with the hope of avoiding further complications. We offer a complete calendar of community health events, screenings and seminars, which you will find in this issue. For those who have gained an unhealthy amount of weight, we offer weight loss surgery and seminars through the Bariatric and Metabolic Institute of New Jersey at Clara Maass Medical Center, which you will read about in this issue.

Through Barnabas Health's sponsorship of City Green Schultheis Learning Farm in Clifton, Clara Maass Medical Center Foundation now provides health, wellness and nutrition experts for after-school programs, through our LIFELINE CHALLENGE to Healthy Living program. It is our hope that this collaboration will touch the lives of children and families in our neighboring towns.

Last month, Clara Maass and City Green began inviting families to join us for an evening at the farm, harvesting fresh produce and taking part in cooking demonstrations with Registered Dietitians. The goal is to create a hands-on experience that will encourage children and parents to enjoy healthy foods. In addition, we expect to announce a summer program for children in the coming months. Getting involved with such programs is a great way to start this new season with the focus on health and nature.

We hope to see you at one of our community health events or one of our City Green farm nights in the future. We wish you good health.

Cordially,

Barry H. Ostrowsky
President and
Chief Executive Officer
Barnabas Health



Mary Ellen Clyne, PhD
President and
Chief Executive Officer
Clara Maass Medical Center



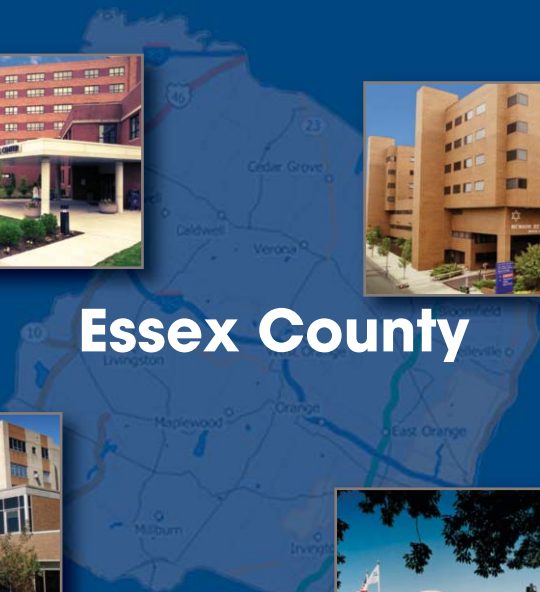
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Medical Center
One Clara Maass Drive
Belleville, NJ 07109
973.450.2000



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
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Bariatric Surgery Program Receives Top Quality Certification

New Jersey Bariatric and Metabolic Institute at Clara Maass earns national honor

The bariatric surgery program at Clara Maass Medical Center (CMMC) has earned a prestigious certification, which recognizes the program's outstanding quality.

The weight loss surgery program, now called New Jersey Bariatric and Metabolic Institute (NJBMI) at CMMC – formerly known as the Weight Loss Institute of New Jersey at CMMC – received the maximum, three-year accreditation from both the American Society for Metabolic & Bariatric Surgery and the American College of Surgeons. The designation is known as MBSAQIP – short for Metabolic Bariatric Surgery Accreditation and Quality Improvement Program.

“This certification bestows Center of Excellence status,” says Naveen Ballem, MD, Medical Director of the NJBMI at CMMC, which provides the bariatric surgery and related services. “It shows that our hospital and surgeons are committed to excellence.”

The certification affirms that all key elements are in place, according to Dr. Ballem:

- Pre-surgery education and testing, to help patients choose the right surgery for them.
- Post-surgery support, to help patients reach and maintain their long-term weight-loss goals, including diet and exercise planning, and support groups run by bariatric medical professionals.
- Sensitivity training for all staff members who interact with patients, and larger amenities such as chairs, gowns and blood-pressure cuffs.
- Safe and efficient processes, to ensure that each step, from admission through discharge, meets or exceeds national standards and provides the best possible patient experience.
- Excellent outcomes, in terms of weight loss, decrease in related conditions like diabetes and hypertension, and extremely low incidence of surgical complications.

“We exceed all the national outcomes, which shows we have a very standardized, safe program,” says Dr. Ballem, whose institute underwent a rigorous, year-long certification process.

Another certification requirement is a minimum number of surgeries, which the NJBMI at CMMC far exceeds, performing hundreds of bariatric procedures annually. Moreover, the program's surgeons are all board-certified and fellowship-trained in minimally invasive surgery – which offers many benefits over traditional, open operations. (See sidebar on robotic procedures – a newer form of minimally invasive surgery.)

Bariatric surgery reduces the size or capacity of a patient's stomach, so he or she eats less and loses excess weight. Three types are available:

- laparoscopic band surgery, which places an inflatable band around the stomach to reduce its size
- laparoscopic sleeve gastrectomy, which removes part of the stomach
- laparoscopic gastric bypass, which creates a smaller stomach pouch and re-routes the intestine

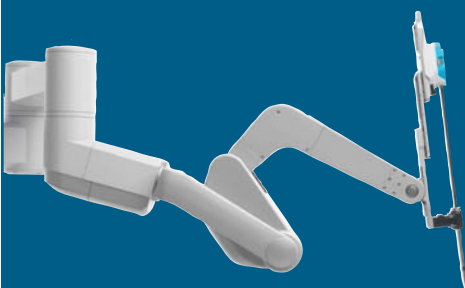
These surgeries can dramatically improve patients' lives, notes Dr. Ballem, reducing or eliminating weight-related problems like high blood pressure, diabetes and sleep apnea.

For more information about the New Jersey Bariatric and Metabolic Institute at CMMC, call **973.450.2393**.



Naveen Ballem, MD
Medical Director of the New Jersey Bariatric and Metabolic Institute at Clara Maass Medical Center

Robotic Surgery: exciting new option for bariatric patients



Robotic surgery is now available for bariatric patients, thanks to the latest technology. This method offers lower complication rates and greater patient satisfaction than other forms of minimally invasive (laparoscopic) surgery.

The New Jersey Bariatric and Metabolic Institute at Clara Maass Medical Center is leading this advance, as one of only a handful of sites nationally to offer robotic bariatric surgery. In fact, CMMC surgeon **Harvey Rainville, MD**, is one of only a few NJ doctors who perform these operations.

“You can do more complex procedures with the robot, especially revisions of previous surgeries,” says Dr. Rainville, who has performed about 350 robotic bariatric operations. “The robot offers a high-definition 3-D, magnified view inside the body, so the surgeon can see in greater detail. It also offers more dexterity and precision with the instruments. These features help increase patient safety.”



State-of-the-art Emergency Surgical Eye Care at Clara Maass

Joel Eichler, MD, can correct retinal detachment with either one of two procedures at Clara Maass Medical Center.

Although most of us take our sight for granted, eye problems and trauma can cause a person's vision to change forever – literally, in a blink of an eye. Fortunately, the experts at Clara Maass Medical Center continue to lead the way in vision care, performing more eye surgeries each year than any other hospital in New Jersey. Our ophthalmologists provide state-of-the-art treatment for all aspects of eye health, primarily when it comes to eye trauma or ocular emergencies.

A little known example of a serious eye condition that can occur spontaneously without warning is called **retinal detachment**. This happens when the retina tears away from the supporting tissue full of blood vessels that provide the retina's source of oxygen and nourishment. Some of the warning signs include seeing “floaters” such as specs, strings, or flecks. People may also experience flashes of light when they move their eyes, or see dark areas within their field of vision. These symptoms should be taken seriously, because delaying treatment could result in permanent vision loss.

“Retinal detachment leaves the retinal cells lacking oxygen and puts a person's eyesight at risk,” says Susan Gallina, RN, MAS, CNOR, Director of Perioperative Services at Clara Maass Medical Center. She explains that this condition can result from an injury to the eye, a genetic predisposition, or macular degeneration due to age. “People will not experience pain with a detached retina but that shouldn't minimize the importance of getting urgent medical care to prevent further damage to the eye.”

Using one of two surgical procedures – a sclera buckle or a vitrectomy – ophthalmologists can effectively reattach the retina and restore vision if diagnosed and treated promptly. Board Certified Ophthalmologist **Joel Eichler, MD**, Clara Maass Medical Center, says, “Both procedures require intricate and complex surgical work using a high-powered microscope to gain access to the hard-to-reach posterior (back) of the eye. A sclera buckle supports the tear externally while it heals; a vitrectomy removes the vitreous gel inside the eye and supports healing by pushing out on the retina.” Both surgical options are same-day procedures under local or general anesthesia. These procedures are performed in the Eye Surgery Center by the Medical Center's Board Certified Ophthalmologists.

Although sclera buckle and vitrectomy procedures have been the gold standard of care for many years, surgical instrumentation and techniques have changed dramatically to provide better outcomes for patients. “We use vitrectomies for a number of different applications,” says **Frank Mazzarella, MD**, Chief Medical Officer of Clara Maass Medical Center. “Today's new techniques are a monumental advance in ophthalmology because they allow controlled access to the posterior segment of the eye all with exceptional results.”

To schedule an appointment with an ophthalmologist, please call our physician referral center at **888.724.7123**.

The Fight Against Obesity Begins With Our Kids



Molly Fallon, RD, a Clara Maass Medical Center **LIFELINE CHALLENGE TO HEALTHY LIVING** dietitian, whipped up healthy recipes with children from the Center for Family Resources, Inc. in Clifton, at the first Farm to Table Fun Night at City Green Schultheis Learning Farm on February 12, 2014.

It is important to establish good habits when you're young, and no one knows this better than Vice President of Clara Maass Medical Center Foundation, Jane Newman Kessler, CFRE, and her team of Registered Dietitians. They are the force behind **LIFELINE CHALLENGE TO HEALTHY LIVING** – one of Barnabas Health's most proactive and expansive wellness initiatives to date.

This hospital-inspired afterschool program aims to educate third and fourth grade students about the importance of healthy lifestyle choices with one goal in mind: to eliminate the obesity epidemic. Through fun and engaging lesson plans built around the current USDA food guidelines, they are teaching kids to want to be healthy. "We empower young people to exercise regularly and eat healthy foods so they can break the cycle of obesity for themselves and for generations to come," says Kessler noting the devastating long-term costs this disease is having on society.

The joint program between Clara Maass Medical Center and local schools began in 2007 when pediatric obesity rates in New Jersey hovered at about 30 percent. Today, with rates slightly declining, it is likely that programs like **LIFELINE CHALLENGE** are making a positive impact. Serving over 500 children in 14 elementary schools throughout Essex County and beyond, **LIFELINE CHALLENGE** is embraced by principals and superintendents trying to improve the health of students – and their families.

Recently, Clara Maass Medical Center expanded its offerings with the help of

City Green Schultheis Learning Farm in Clifton, an urban working farm that provides healthy homegrown food to inner city families. This partnership brings kids together with master gardeners to plant, harvest, and prepare their own healthy foods. "Our first Farm to Table Night was really well received," said Jennifer Papa, Executive Director and Founder of City Green Learning Farm. "The families learned a lot about nutrition that they had not been aware of before. The children enjoyed fruit and spinach smoothies and left inspired. We're really excited to continue this productive partnership with Clara Maass."

Although the benefits of Lifeline Challenge are not immediate, Clara Maass Medical Center is taking the necessary first steps to educate and raise public awareness about the importance of healthy living. "The earlier you can introduce kids to healthy concepts the more you can improve their nutrition knowledge," says registered dietitian Sushma Kulkarni, MSCS. She sees first-hand how students are learning to read food labels, understand differences between fresh and processed foods, and even know the exorbitant amount of sugar in a Coke. Registered Dietitian Ann Espinoza adds, "We're building excitement around being healthy. These kids are learning the do's and don'ts of food and exercise, and we believe there will be a long-term payoff."

What is that long-term payoff? Obese children have a greater propensity for heart disease, sleep apnea, diabetes, and depression, and Kessler says, "If I can prevent five children from developing these illnesses, our program pays for itself."

LIFELINE CHALLENGE TEACHES THE IMPORTANCE OF CALCIUM FOR BONE HEALTH

When Clara Maass Medical Center's Registered Dietitians teach students about bone health, it comes in the form of a great visual lesson. They put eggshells into vinegar and let them sit for a couple of weeks. Two weeks later when they check on the eggshells, the message is clear – the eggshells have dissolved, leaving only a thin clear membrane behind. "Kids," says registered dietitian Sushma Kulkarni, MSCS, "this is what happens to your bones if you don't get enough calcium, so drink your milk every day!"



Renovations Bring State-of-the-Art Improvements to Several Clinical Areas

New 86,000-Square-Foot Medical Office Building Will Enhance The Clara Maass Campus

With a mission to modernize the Intensive Care Unit at Clara Maass Medical Center (CMMC), senior executives found themselves facing several unique challenges. As a result, Barnabas Health administrators teamed with a leading healthcare real estate developer – Rendina Companies – for a creative and cost-effective solution. What they came up with is nothing short of remarkable.

“Senior management created a great solution that marries our need for first class facilities with on-site office space for Medical Staff,” says Bill Cuthill, Senior Vice President of Facilities Management at CMMC. “It is a custom-made solution with some very complex requirements.”

Clara Maass Medical Center will break ground in the spring to erect a 3-story Medical Office Building that will connect directly to the front of the hospital and serve as its main entrance. A spacious 32-bed state-of-the-art Medical and Surgical Intensive Care Unit will comprise the entire top floor. The first and second floors will contain office space for physicians and services, as well as a beautiful two-story atrium. The project will also include a new access road into the Clara Maass campus and an additional level of parking. It is slated for completion in 2015.

According to Mary Ellen Clyne, PhD, President and Chief Executive Officer at CMMC, the new building will be a tremendous asset to the community. “This will allow us to provide patients with easy access to varying levels of care all in one location,” she says. “Working with a real estate developer like Rendina is an economical way to make dramatic improvements to our facilities.”

A New Playroom Rich With Aquatic Life

Every child needs a place to escape during a hospital stay. At Clara Maass Medical Center, we have created that space in our newly renovated pediatric playroom, which offers kids a unique and welcoming “aquatic” experience. More importantly, the playroom provides kids and their families with some much-needed distance from the medical technologies and treatments that abound outside its doors.

“Our new pediatric playroom is a bright and cheery place,” says Jane Newman Kessler, CFRE, Vice President of the Clara Maass Medical Center Foundation. “It is a place where kids go for safe and therapeutic playtime, and it helps them adjust to their hospitalization. This new environment makes kids smile which aids in the overall healing process.”

Designed as an aquarium, the new space brings the best of underwater life indoors. Kids marvel at the fish and coral, bubbles on the ceiling, and large wall unit designed as a submarine. The updated room complements the beautiful view of the Cherry Blossom Trees in Branch Brook Park just beyond the windows of the pediatrics floor.

The project was funded by grants from the George Link Foundation, Starlight Foundation, as well as the Foundation’s ‘A Tasteful Experience’ fundraiser held in November 2013.





New Private VIP Suite on 3 South Annex is First of Many to Come at Clara Maass

In an effort to continually improve the patient experience, Clara Maass Medical Center has established a private, single-occupancy VIP suite located right on the 3 South Annex patient floor. It is outfitted with new furniture and wood paneling and amenities including a flat screen television, stereo system, private bathroom and a couch with a pullout bed for the patient's guests.

Although the suite has all the requirements of a hospital room, it also comes with all the benefits of a hotel suite. The suite was renovated in an effort to enhance patient comfort and satisfaction.

"This VIP suite marks a new standard of patient care," says Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC. "We are delighted to be able to provide this type of privacy and these amenities to the patients that we serve."

Newly Renovated Sleep Center Feels Like Home

If you or a loved one has been referred to our sleep center, pack your overnight bag because you're in for a treat. With newly renovated rooms outfitted with king-size beds, plush mattresses and top-of-the-line linens, you may feel like you are at a swanky hotel rather than spending the night at The Center For Sleep Disorders at Clara Maass Medical Center. And, that's exactly the idea.

"A good night's sleep is essential for optimal health," says Nail Abdel Fatah, MD, Medical Director of the Center for Sleep Disorders at Clara Maass Medical Center. "We want people to come here and be able to relax, get a good night's sleep, and wake feeling refreshed and invigorated."



Nail Abdel Fatah, MD
Medical Director of the Center for Sleep Disorders
at Clara Maass Medical Center

Each of the center's new spacious bedrooms offers state-of-the-art technology, luxurious amenities, bath and shower upgrades, and beautiful surroundings including a quiet sanctuary space. The most significant capital investment is the center's cutting-edge testing equipment which helps to capture and analyze sleep conditions. This includes two key diagnostic studies which are performed by certified sleep technicians at CMMC; a Polysomnography (PSG) and a Multi-Sleep Latency Test (MSLT), both of which are . "There is a science behind sleep patterns," says Stephen Mavrakes, Administrative Director of the Sleep Center. He explains that although sleep apnea is by far the most common condition, other diagnoses include insomnia, narcolepsy, snoring, sleep deprivation and even restless leg syndrome.

Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC, says, "We are very proud to offer such high level sleep studies so people can get proper treatment for a range of sleep conditions which will help to improve their overall health."



The Sleep Center offers a Measure of Wakefulness Test to monitor a person's ability to stay awake. This test is especially important for people who drive long hours, operate heavy equipment, or work the night shift. For information, please call the **Sleep Center at 973.450.2444.**



Special Care for Special Hearts

Congenital heart disease is the most common birth defect in the United States. Advances in medical technology and cardiac surgery over the last two decades have given infants born with heart defects more than a fighting chance. In fact, it is estimated that today 90 percent of children born with a heart malformation will survive to live healthy and productive lives. Yet, one challenge that adolescents and adults with congenital heart disease still face is finding a cardiologist familiar with their unique heart anatomy and the complex medical issues that can arise from it.

There are over 30 types of cardiac congenital abnormalities, each with a range of severity and complexity. While some of these tiny hearts require life-saving surgical repair shortly after birth, other defects are so mild that they may not be diagnosed until adulthood when symptoms finally surface. Doctors are learning that patients who underwent surgical repair as children are at increased risk of developing long-term complications in adulthood, arising either from their unique cardiac anatomy or previous surgical repairs.

Experts now recommend that anyone diagnosed with a congenital heart defect get regular check-ups by a cardiologist with special training in adult congenital heart disease to ensure that their heart is functioning well and to determine whether any further treatment may be necessary. Lifelong, seamless care ushers teens through critical growth phases and provides the appropriate consultation through pregnancy and all of life's changes.



Thanks in part to a grant from The Healthcare Foundation of New Jersey, the Barnabas Health Heart Centers have established an Adult Congenital Heart Disease Program that fully integrates the nationally renowned adult and pediatric cardiac services of Newark Beth Israel Medical Center and Children's Hospital of New Jersey. Led by a cardiologist with special training in adult congenital heart disease, the program brings together a team of specialists in adult and pediatric cardiology, cardiothoracic surgery, interventional cardiology, electrophysiology, as well as a nurse practitioner, social workers, nutritionists and therapists.

The Barnabas Health Adult Congenital Heart Disease Program has two locations in New Jersey:

- Newark Beth Israel Medical Center, Newark
- Heart and Lung Specialty Center at Toms River
- **973.926.6640.**



Proud recipient of HealthGrade's Emergency Medicine Excellence Award three years in a row. (2013, 2012, 2011)

The Emergency Department at Clara Maass Medical Center is here to provide you and your loved ones with Emergency Medicine Excellence. 24/7.

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

Life is better healthy.

973.450.2000 ■ barnabashealth.org/claramaass

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.

Winter/Spring 2014



March

Health Assessment for Student Athletes

Saturday, March 29; 8 a.m. to 12 p.m.

The Cancer Center at Clara Maass Medical Center

1 Clara Maass Drive, Belleville

The Matthew J. Morahan, III, Memorial Assessment Center for Athletes at Barnabas Health, in conjunction with CMMC, is offering a community concussion and cardiac screening. The cardiac screening is open to the first 130 athletes to register, ages 6 to 18. The concussion screening is open to the first 80 athletes to register, 12 years of age and up. Registration is mandatory. ①

The Cancer Center is located in the Continuing Care Building. For parking near the CC Building, follow signs in the parking garage heading towards the back end.

April

Hypertension – Know Your Numbers

Wednesday, April 2; 1 p.m.

AARP – Belleville Senior Building

125 Franklin Avenue, Belleville

High Blood Pressure is the number one risk factor for stroke. High blood pressure, known as the “silent killer” has NO symptoms and currently affects 1 in 4 adults in the U.S. Come meet guest speaker Maria Felipe, MSN, APN, ANP-C, Barnabas Health Medical Group After Hours Medi-Center, and learn who is at risk for high blood pressure. Free blood pressure screenings will be offered. A light lunch will be served.

Women’s Health Clinic & Pap Screenings

Wednesday, April 16; 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 age 21. Lyndhurst Health Department will provide an OB/GYN to administer the Pap screening and a CMMC medical expert will discuss women’s health and answer any questions. Offered to Lyndhurst residents only. Please call the Lyndhurst Health Department to register, 201.804.2500.

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

Power of a Healthy Meal

Wednesday, April 23; 6 p.m.

North Arlington Health Department
10 Beaver Avenue, North Arlington

Most of us are aware we should improve our health and energy levels, but we don't always know where to start. Healthy eating is the first step. A CMMC Registered Dietician will help you acknowledge flaws in your diet and set some individual goals and strategies to increase your health and energy. A light dinner will be served. Please call North Arlington Health Department to register, 201.955.5695.

Butts Out!

Tuesday, April 29; 12 p.m.

Montclair HD

205 Claremont Avenue, Montclair

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, an expert will provide advice on how to stay smoke-free. A Clara Maass nurse navigator will be present to determine eligibility for a free lung cancer screening program using Electromagnetic Navigation Bronchoscopy (ENB) technology available at Clara Maass Medical Center for individuals at high risk for lung cancer. To register, please call the Montclair Health Department, 973.509.4969

May

Be Beautiful, Be You: Sun Safety and Skin Screening

Friday May 9; 10 a.m. to 1 p.m.

The Cancer Center at Clara Maass Medical Center

1 Clara Maass Drive, Belleville

Join CMMC skin experts for a free skin screening and educational seminar on the most effective sun protection to prevent skin damage. To register, please call the Cancer Center at 973.844.4150.



Ladies' High Tea

Monday, May 12; 5 p.m.

Belleville Women's Club

51 Rossmore Place, Belleville

Women share a powerful, often unspoken bond. Clara Maass Medical Center invites you to celebrate an influential woman or young lady (mother, daughter, sister, aunt, etc.) in your life by bringing her for tea, light dinner and girl talk. Topics include but are not limited to the benefits of tea and tips for women's health.

This event is open to Belleville Women's Club Members only. Girls must be 8 years of age or older to attend.

Celebrating Seniors – Lyndhurst Senior Health Fair

Friday May 9; 9 to 11:30 a.m.

Lyndhurst Health Department

601 Riverside Avenue, Lyndhurst

Join CMMC health experts in collaboration with Lyndhurst Health Department to celebrate seniors. The Lyndhurst Senior Health Fair is a fun-filled morning including education, giveaways, free screenings and refreshments. No registration required. All are encouraged to attend!



Upcoming Seminars on “Surgical Options for Weight Loss” and Bariatric Support Groups

Surgical Options for Weight Loss

Wednesdays: April 2, May 7 at 6 p.m.

**Belleville Founders Room
Clara Maass Medical Center**

Join the New Jersey Bariatric and Metabolic Institute (NJBMI) at Clara Maass Medical Center for a free informational session, “Surgical Options for Weight Loss.” 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, MD**, Director of Bariatric Surgery at CMMC, the entire Bariatric Surgery Team and former surgery patients.

Bariatric Support Groups

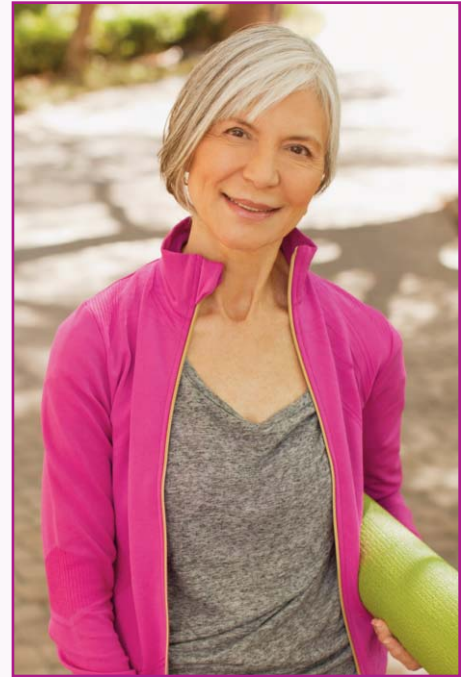
Following the “Surgical Options for Weight Loss” seminars are Bariatric Support Groups for all bariatric patients. Each support group focuses on a different topic to help you maintain your weight loss and receive support from others. Friends and family are encouraged to join you. Support groups will be held in the Belleville Founders Room unless otherwise noted.

***Location: The Learning Center**
Wednesday, April 2

Zumba. Join Susan Dayeh, Zumba Instructor, for a lively Zumba class. Please wear comfortable clothes and sneakers.

Wednesday, May 7

Meal Planning 101 Tips and Tricks. Learn how fun and simple cooking healthy food can be with Katherine Kent, MS, RD, and Alina De Almeida, RD, who will discuss vitamins and minerals.



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 of side effects of chemotherapy and radiation treatments. Registration is required.

*Mondays: May 5, July 21, September 22
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. Light refreshments will be served.

The last Monday of each month at 4 p.m.

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.

Breathe Easy: High Risk Lung Cancer Screening

Clara Maass Medical Center offers free lung screenings for individuals at high risk for developing lung cancer.

Current or former smokers ages 55 to 74 are encouraged to contact the Cancer Center at 973-844-4166 and speak with the Lung Cancer Navigator to determine if they are candidates for this important screening.

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
Monday, April 28
10 a.m. to 12 p.m.

Blood Pressure

Belleville Shop-Rite
726 Washington Avenue, Belleville
Wednesdays: April 2, May 7
9 a.m. to 11 a.m.

Nutley Shop-Rite
437 Franklin Avenue, Nutley
Thursdays: April 3, May 1
8 to 10:30 a.m.

Bloomfield Stop & Shop
8 Franklin Street, Bloomfield
Tuesdays: April 1, May 6
10 a.m. to 12 p.m.

Clifton Stop & Shop
160 Kingsland Avenue, Clifton
Tuesdays: April 15, May 20
10 a.m. to 12 p.m.

HB Pharmacy Screenings
98 Ridge Road, North Arlington
Thursday, May 15
9 to 11:30 am

Glucose

(2-hour fast recommended)
Belleville Shop-Rite
726 Washington Avenue, Belleville
Wednesdays: April 9, May 14
9 to 11 a.m.

Nutley Shop-Rite
437 Franklin Avenue, Nutley
Thursdays: April 10, May 8
8 to 10:30 a.m.

HB Pharmacy Screenings
98 Ridge Road, North Arlington
Thursday, April 17
9 to 11:30 am

Cholesterol

(2-hour fast recommended)
Glen Ridge Pharmacy & Surgical
855 Bloomfield Avenue, Glen Ridge
Mondays: April 14, May 12
10 a.m. to 12 p.m.

**Clara Maass Medical Center
Main Lobby**
One Clara Maass Drive, Belleville
Wednesday, April 23
11 a.m. to 1 p.m.

Comprehensive Blood Screenings*

(fee of \$40)
**Clara Maass Medical Center
Belleville Founders Room**
One Clara Maass Drive, Belleville
Thursdays: January 23, February 27,
March 27, April 24, May 22,
June 26, July 24
7 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



Clara Maass Medical Center Launches Free Lung Screening Program to High Risk Individuals

Low-dose, non-invasive scans identify early risk for lung cancer/nodules

While the most common symptoms of lung cancer include chest pain, weight loss and a persistent cough that won't go away, the unfortunate reality is that most people don't experience any symptoms until the disease has reached advanced stages. According to the American Lung Association, lung cancer causes more deaths than colon, breast and prostate cancers combined.

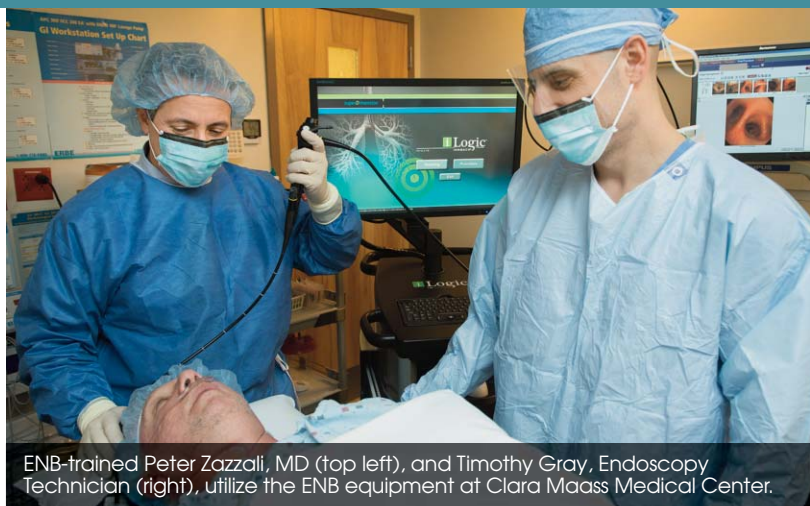
To help diagnose early stage lung cancer among high risk individuals and increase survival in lung cancer patients, the Cancer Center at Clara Maass Medical Center (CMMC) in Belleville, NJ – through a \$198,530 grant issued by the Healthcare Foundation of New Jersey to CMMC Foundation – has established a Lung Cancer Screening Program.

The free program utilizes low-dose, non-invasive CT scans to screen qualified high-risk individuals in the surrounding community and detect early stage lung cancers. High-risk candidates are: current or former smokers age 55 - 74 who have a history of 30-pack years* or more and those 50 and older with a 20-pack year history with additional risk factors, including: exposure to radon, asbestos or cancer-causing agents in the environment; significant exposure to secondhand smoke; a diagnosis of Chronic Obstructive Pulmonary Disease (COPD) or emphysema; and first degree relative who has had lung cancer. Until now, there have never been generally accepted routine screening methods to help with the detection in the earliest, most treatable stages of lung cancer.

The screenings are being offered due to the recent recommendation by the U.S. Preventive Services Task Force (USPSTF) that heavy smokers get an annual screening for lung cancer with low-dose computed tomography (LDCT). The basis for the federal panel's recommendation was the National Cancer Institute's large-scale clinical trial in 2010 involving 53,000 patients which found that a CT scan could reduce mortality by 16 percent among high-risk lung cancer patients.

Should the CT scan test positive for a suspicious lesion, physicians have access to Electromagnetic Navigation Bronchoscopy® – or ENB™- biopsy equipment – acquired through the grant. ENB is a GPS-like technology that extends the reach of the bronchoscope to regions deep within the lung, enabling physicians to locate small lung lesions for diagnostic testing and potential treatment.

“Lung cancer remains the number one cause of cancer death among men and women and smoking remains the number one attributable factor,” said **James M. Orsini, MD**,



ENB-trained Peter Zazzali, MD (top left), and Timothy Gray, Endoscopy Technician (right), utilize the ENB equipment at Clara Maass Medical Center.

Medical Director of the Cancer Center at CMMC. “When we identify these high risk patients and screen them with low dose CT scanning, these cancers can be caught early and treated effectively.”

Prior to ENB, a patient would typically undergo major surgery to remove the diseased portion of the lung. Through ENB, patients can opt for a minimally-invasive outpatient procedure to access lung lesions, which minimizes the need for more invasive surgical procedures.

As part of the Lung Screening Cancer Program, a nurse navigator will be on hand to educate high-risk individuals through community outreach events.

“We truly appreciate The Healthcare Foundation of New Jersey’s generosity in helping us implement and develop forward-thinking programs to save lives,” said Mary Ellen Clyne, PhD, President and Chief Executive Officer of CMMC. “We hope to diagnose patients at an early stage where we can make a significant impact.”

*Pack years = number of cigarette packs smoked per day multiplied by the number of years smoked.

Program Eligibility

Current or former smoker age 55-74 with a history of at least 30-pack years or more

Current or former smoker age 50+ with a history of at least 20-pack years or more with additional risk factors:

1. Exposure to radon, asbestos or cancer-causing agents in the environment
2. Significant exposure to secondhand smoke
3. A diagnosis of COPD or emphysema
4. First degree relative who has had lung cancer

Call the Cancer Center at **973.844.4166** to determine your eligibility. Physician referrals are required.

To learn more about the Lung Cancer Screening Program, please call the Cancer Center at **973.844.4166**.

MULTI-GENERATIONAL PHYSICIANS AT CLARA MAASS MEDICAL CENTER

Clara Maass Medical Center is a family hospital in all aspects. Not only are we known for being family-friendly to our patients and their loved ones but our physicians are known to keep it among the family as well. There are many pairs of multi-generational physicians at Clara Maass, featuring father-daughter, father-son, mother-daughter, and sibling combinations. Here's a look at what a few of the pairs have to say about working together at Clara Maass.

FATHER

Carlo Porcaro, MD, Internal Medicine

"I love having my daughter working with me. She's a great professional and the patients love her. Our family and extended family use Clara Maass as we believe in its quality of care. We treat our patients with this same level of care – just like we treat our family."

DAUGHTER

Sabina Porcaro, MD, Internal Medicine

"My dad's incredible relationship with patients throughout the years has inspired me. He has been caring for some patients since they were teenagers and they are now in their 50's. I feel so blessed to have this opportunity to work with my dad, and with him as my role model I have developed similar relationships with my patients. I couldn't ask for a better partner in the world."



FATHER

Joseph M. Landolfi, MD, Ophthalmology

"Members of my family have lived and worked in Belleville, NJ since the early 1900s. Clara Maass Medical Center is an integral part of this great community. My son and I have deepened our family's roots here by caring for people throughout the region and welcoming Clara Maass Medical Center as part of our extended family. We look forward to serving area residents for years to come."

SON

Michael J. Landolfi, DO, Ophthalmology

"When I was young, my family spent summers at the Jersey Shore. Every year my father took me to the town pharmacy so I could fill an old leather doctor's bag with first aid supplies. If someone got cut or injured, they always called me to come with my bag to help. I learned at an early age what it felt like to be a doctor like my father – the sense of being able to help someone who needed you. In a way, I understood how my father was viewed and respected for what he did and that instilled in me a desire to follow in his footsteps. I am proud that my father and I have been able to practice together and offer continuity of care for our patients and the generations of families who have been a part of this practice for years."



FATHER

Rao V. Ballem, MD, FACS, General Surgery

“Back home in India when I was growing up, my father needed a lot of health care which was difficult to get. At that point, I decided I wanted to be a doctor to help the needy. I was very excited when I learned that my son was following in my footsteps – that’s the best present a son can give to his father. He’s not only the best surgeon in his field, but he has the best personality – his patients love him! Likewise, I can now pass on the vast experience I’ve accumulated over the years. . . this is what makes us a great team.”

SON

Naveen Ballem, MD, General Surgery/Medical Director of the New Jersey Bariatric and Metabolic Institute

“Throughout my life I had the pleasure of seeing and hearing about how my parents (both physicians) had helped people who were sick and made them healthier. I always looked up to my father and chose to move back to NJ from Cleveland because I wanted to learn as much as I could from him. I feel I have my dad’s qualities – surgical skills, empathy, compassion and commitment to patients and the trade – and try to push myself to improve on each of these qualities.”

FATHER

Robert R. Gialanella, MD, Internal Medicine/Gastroenterology, Fellowship of American College of Gastroenterology

“When Craig was a little kid, I used to take him to the hospital with me. Sometimes he made ‘rounds’ with me just to say hello to some patients we knew. Craig and I work wonderfully together – I get a lot of information from Craig because he’s up on the all the latest and he gets a lot of information from me in all my experience treating patients.”

SON

Craig D. Gialanella, MD, Internal Medicine

“I grew up around medicine. My dad would always talk about it, and because of that, I’ve always wanted to help people. Having the opportunity to work with my dad is so special to me – seeing him continue to work so hard and show so much compassion at his age is truly inspiring. People respect the name Clara Maass – my dad represents it so well, and I want to do the same.”



FATHER

James V. Agresti, DO, Family Practice, Board Certified A.C.O.F.P and A.M.D.A.

“Forty-four years ago Clara Maass embraced me as a young family physician and one of the first D.O.’s to join the staff. Camaraderie followed with all the staff and it’s extremely gratifying to see that continue with my son as an active staff member. Practicing with my son is a continuation of a loving father/son relationship with continued education and building the strong doctor/patient bonding which have remained through my medical practice.”

SON

James V. Agresti, III, MD, Internal Medicine

“My dad used to let me play with his stethoscope at night when I was little. On Saturdays, we would go around Clara Maass and round together. I watched his relationship with his patients and saw how patients were a part of his life – not just his job. As a diagnostician, I learn from my dad every day – things that modern medicine just doesn’t teach. He taught me how to listen to the patient.”

Clara Maass Medical Center has Plenty of Reason to Celebrate

CMMC Celebrates Upcoming Special Olympics Games, Accolades, Recognitions, Honors and More.

Clara Maass Medical Center Raises Flag to Celebrate Upcoming Special Olympics Games



Clara Maass Medical Center and Barnabas Health facilities across the state simultaneously raised the 2014 Special Olympics USA Games flag celebrating the upcoming Games, which will take place in New Jersey June 14 thru 21.

Barnabas Health is proud and privileged to be the only healthcare Founding Partner of the 2014 Special Olympics USA Games and will serve as the Presenting Sponsor of the Games' Family Programs, welcoming the thousands of family members from throughout the United States.

In celebration, the Special Olympics flag was raised at facilities throughout the Barnabas Health system, where they will wave for the next six months. In addition, on the 14th of every month until the Games, Barnabas Health facilities will hold Special Olympics days with special guests, activities and opportunities for employees to register as volunteers.

Barnabas Health is also a Contributing Sponsor for Special Olympics' first-ever Healthy Young Athletes program. This program is designed to assist families of future Special Olympics athletes, ages 2 to 7, and help them meet the challenges they face in identifying their child's medical needs through free educational programs, medical screenings and family consultations.

Special Olympics provides families with a support network and the chance to cheer with pride. For the athletes, Special Olympics makes a remarkable difference

in their lives providing the opportunity to make friends, express themselves and compete in a structured environment.

The mission of Barnabas Health includes promotion of healthier lifestyles within our communities. Our partnership with 2014 Special Olympics USA Games enables our system to touch tens of thousands of lives. Moreover, many of the volunteers and spectators will be employees and physicians of Barnabas Health.

CMMC Hosts Liposculpture Seminar for Physicians From All Over The World

Clara Maass Medical Center welcomed plastic surgeons from around the country – and around the world – in December 2013, for a Live Surgical Advanced Body Contouring Workshop using VASER Hi-Def® 4D Liposculpture. World-renowned Colombian plastic surgeon, Alfredo Hoyos, MD, from Bogota, Colombia, led the workshop and performed the surgery. Dr. Hoyos is a pioneer in the cosmetic surgery industry.



(left to right) Jason Pozner, MD, FACS, founder of Sanctuary Plastic Surgery and co-owner of Sanctuary Medical Aesthetic Center in Boca Raton, Florida; Alfredo Hoyos, MD, world-renowned Colombian plastic surgeon; Mary Ellen Clyne, PhD, President and Chief Executive Officer, CMMC; Barry DiBernardo, MD, Clara Maass Medical Center; and Frank Mazzarella, MD, Chief Medical Officer, CMMC.

The workshop, sponsored by Clara Maass Medical Center and Solta Medical, offered a unique opportunity for plastic surgeons to learn about this advanced body contouring technique. Utilizing the state of the art VASERlipo™ system and the 4D technique, physicians can create a sculpted appearance while taking into account and retaining natural muscle movement.

The workshop was designed to be interactive with a mix of lectures and a live surgery. The forum permitted audience participation, questions, discussions and learning. Dr. Hoyos was accompanied by Jason Pozner, MD, FACS, founder of Sanctuary Plastic Surgery and co-owner of Sanctuary Medical Aesthetic Center in Boca Raton, Florida, who served as moderator to the audience, and Barry DiBernardo, MD, Director of New Jersey Plastic Surgery in Montclair, NJ, and an attending physician at Clara Maass Medical Center.

Clara Maass Employee Wins BMW Through CMMC Foundation Raffle to Benefit Cancer Services

Sue Basso, RN, Hospice Liaison, Barnabas Health Home Care & Hospice, Clara Maass Medical Center, never won anything before. With that in mind, she, like many others, purchased a \$100 raffle ticket from the Clara Maass Medical Center (CMMC) Foundation for a 2013 BMW 128i Convertible, benefitting cancer services, not expecting to think about it again.

On December 10 at 4 p.m., Sue, a resident of Montclair, was visiting patients in the Medical Center when her name was picked out of a drum by Michael Monteleone, General Sales Manager, BMW of Bloomfield. Those who purchased raffle tickets, including employees and local CMMC supporters, gathered that afternoon in hopes of hearing their own names announced. But when Sue's name was pulled, her coworkers shared in her excitement.

"We're in the business of taking care of people," said Sue about the number of employees who purchased raffle tickets. "Everyone's heart is already in the right place, so I know that many of us purchased tickets with the good cause in mind."

"It's especially significant to us that an employee won the car," says Mary Ellen Clyne, PhD President and Chief Executive Officer, CMMC. "Our employees are so supportive of philanthropic endeavors and it's great to see their support rewarded."



As a hospice worker, Sue's days can be filled with sadness. On December 10, she recalls a particularly bad day. Winning that car turned not only her day, but her month, around. A coworker said to her, with much affection, "That must be your gift for taking care of hospice patients."

The Foundation sold 650 raffle tickets for the 2013 BMW 128i, which is valued at over \$38,000. Last year, the Foundation raffled a Red MINI Cooper Hardtop to benefit cancer services. A former CMMC patient, Larry DiSimone of Nutley, was the lucky winner of the MINI Cooper.

"We were so excited to be able to raffle off this top-of-the-line luxury automobile for such a worthwhile cause," says Jane Newman Kessler, CFRE, Vice President, CMMC Foundation. "Being able to provide continued funding to our exceptional cancer services means a lot to everyone at the Medical Center."

Clara Maass Medical Center Foundation's Lifeline Challenge to Healthy Living 5K Run and 2K Fun Walk Raises Money to Combat Obesity in New Jersey

In September 2013, Clara Maass Medical Center (CMMC) Foundation, along with special guests Ken Rosato, WABC-TV Eyewitness News Anchor; George Ruthauser, Jersey Jackals Announcer; and Essex County Executive Joseph N. DiVincenzo, Jr. welcomed 350 walkers

and runners to the Essex County Turtle Back Zoo for the annual **LIFELINE CHALLENGE TO HEALTHY LIVING**, a 5K Run and 2K Fun Walk to help eliminate and prevent obesity.



Hospital staff and walkers enjoyed the day at the LIFELINE CHALLENGE FOR HEALTHY LIVING on Sunday, September 29. Kneeling front and center is Ken Rosato, W-ABC TV News Anchor, who hosted the day's event.

This year's LIFELINE CHALLENGE raised in excess of \$72,000, which will support CMMC programs that aim to help prevent and eliminate obesity, including the Lifeline Challenge Afterschool Program and community outreach and education programs like City Green Schultheis Learning Farm and its Farm to Table events. Through the Lifeline Challenge program, students in 13 local elementary schools in Bloomfield, Belleville, Newark, Nutley, Montclair, Kearny, Harrison and North Arlington are empowered to practice healthy eating and active lifestyles from an early age to break the cycle of obesity. These students have participated in Zumba and Martial Arts classes, ran relay races, and even grew their own vegetables through the CMMC Foundation-led program.



Left to right: Jane Newman Kessler, Vice President, CMMC Foundation; Frank Mazzarella, MD, Vice President of Medical Affairs at CMMC; Mary Ellen Clyne, PhD, President and Chief Executive Officer at CMMC; Ken Rosato, W-ABC TV Eyewitness News Anchor; Brendan Gill Essex County Freeholder; Robert Kuhl, President, CMMC Foundation Board of Directors; and Vince Matthews, Assistant Vice President, Policy Development and Government Affairs at Barnabas Health.

"This year marked a major change in the way we, as society, view obesity and its challenges," said Mary Ellen Clyne, Ph.D., President and Chief Executive Officer at CMMC. "With the American Medical Association classifying obesity as a disease this past June, our LIFELINE CHALLENGE TO HEALTHY LIVING event felt more important than ever. As with any disease, raising awareness is the first step, and that's what this event accomplished for our neighboring communities."

Other special guest appearances at the walk and run included Essex County Freeholder Brendan Gill; Irisha Brown, Montclair YMCA Zumba Instructor; and three interns of City Green Schultheis Learning Farm in Clifton, NJ, who performed an original song for the audience, "Gardening Is Awesome," before the 5K race and 2K walk began.

Clara Maass CEO Honored by Babyland Family Services, Inc.



Last fall, Mary Ellen Clyne, PhD, President and Chief Executive Officer at Clara Maass Medical Center, was honored at Babyland Family Services, Inc.'s Promising Future Gala Awards Dinner. Dr. Clyne was honored at the 45th annual event that celebrates the organization's service to their community as well as key figures who aid in its success. Babyland Family Services, headquartered in Newark, provide day care, infant care, foster care, a family success center and domestic violence services to families in need in the Greater Essex County Area. Members of the Clara Maass Medical Center Senior Management team attended the gala in support of their leader who has collaborated with Babyland Family Services to strengthen neighboring communities.

Thank you for supporting Clara Maass Medical Center Save the Date for our 2014 events!

Monday, May 19, 2014
Annual Golf Invitational

Sunday, October 12, 2014
Lifeline Challenge to Healthy Living 5K Run and 2K Fun Walk

Monday, November 17, 2014
A Tasteful Experience: An Evening of Sensational Food and Wine

To register please visit ClaraMaassFoundation.org

Clara Maass Medical Center Foundation
Barnabas Health

▶ Clara Maass Medical Center – Main Number: 973.450.2000

Behavioral Health	800.300.0628
The Cancer Center	973.844.4150
Cardiac Services	973.450.2086
Clara Maass Foundation	973.450.2277
Emergency Department	973.450.2100
The Joint & Spine Institute	973.450.2399
Medical Records	973.450.2800
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 Home Care and Hospice	
Main Number	973.322.4800
JerseyCare Home Health	
Main Number	973.243.9666
Medical Center Health Care Services	
Main Number	973.243.1001