

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

healthy

together

**'HOW I LOST WEIGHT
WITH THE BETH
CHALLENGE'**

**HEALTHY
HOLIDAY
RECIPES**

**BRINGING BABY HOME
FOR THE FIRST TIME**



**SEE THE
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**A GAME CHANGER
FOR RUTGERS SPORTS**

CREATING WINDOWS OF OPPORTUNITY

At RWJBarnabas Health, our mission—our passion—is to improve the health of residents in the communities we serve. But we're equally committed to ensuring that New Jerseyans have opportunities to learn, develop and pursue their goals.

You'll see that commitment come to life in many ways: in free support groups and classes, in health services delivered to senior citizens at home, in housing and employment assistance provided to local residents, and more.

In this issue, we spotlight two ways in which RWJBarnabas Health is making a difference. Children's Specialized Hospital, an RWJBarnabas Health facility, has joined forces with Opportunity Project, an organization that helps adults living with the effects of traumatic brain injury. Together, the two organizations create a continuum of care and learning opportunities for patients with brain injuries, from childhood through adulthood. And in the state-of-the-art RWJBarnabas Health Athletic Performance Center, we're partnering with Rutgers University to provide spaces designed to optimize health-sciences learning and to give athletes the resources they need to reach their full potential.

At Newark Beth Israel, The Beth Greenhouse provides local residents with access to fresh produce and the nutritional education needed to live a healthy lifestyle. That support continues at the Reverend Dr. Ronald B. Christian Community Health and Wellness Center, where we host a wide array of Healthy Living classes including diabetes support groups, cooking courses, and education programs for school-age children. In addition, our Career Ladders program offers entry-level employees, many of whom live and work in Newark, the opportunity to train for advanced level positions and meaningful careers in healthcare.

We're honored by the trust people place in us to care for their health. In return, we're continually working to increase opportunities for all New Jersey residents to live their best lives.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



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



HEALTH NEWS

NEWARK BETH ISRAEL MEDICAL CENTER EARNS ACCOLADES

Newark Beth Israel Medical Center (NBI) and Children's Hospital of New Jersey continues to be recognized for excellence in delivery of care. Recent accolades include:

WORLD'S BEST HOSPITAL

NBI has been named one of the World's Best Hospitals by *Newsweek* magazine. NBI ranked among the top 225 hospitals in the U.S., and is one of only five New Jersey hospitals on this prestigious list. The medical center was recognized as a top hospital in the U.S. for anesthesiology, perioperative and pain medicine, cardiology, diabetes and endocrinology, general and visceral surgery, gynecology and obstetrics, neurology and neurosurgery, oral and maxillofacial surgery, palliative care, pediatrics, pediatric surgery and neonatology, plastic surgery, pulmonology, radiation oncology, radiology, traumatology, orthopedics and spine surgery, and urology.



TOP TEACHING HOSPITAL

NBI has been named a Top Teaching Hospital by the independent national nonprofit The Leapfrog Group, one of only 53 hospitals in the U.S. to earn this recognition. NBI was also awarded an A grade for safety and quality.



Newark Beth Israel Medical Center | **RWJBarnabas HEALTH**
Children's Hospital of New Jersey

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healthy *together* contents

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BRINGING BABY HOME

TIPS FOR KEEPING YOUR NEW ARRIVAL (AND YOURSELF) SAFE AND HEALTHY FOR THE HOLIDAYS

Pregnancy and delivery are exciting times, but bringing your baby home is a true test for new parents. The holiday period, with its fickle weather and fluctuating schedules, can have particular challenges.

“To prepare, take advantage of your time in the hospital,” says Jon Sicat, DO, Interim Director of the Pediatric Health Center at Newark Beth Israel Medical Center and Children’s Hospital of New Jersey. “Ask questions, have our nurses demonstrate things you’re unsure about, seek assistance with feeding from one of our lactation consultants. They are experts in newborn care.”



JON SICAT, DO

ROAD TRIP

Before you can leave the hospital with your newborn, you will have to show that you

have a car seat safe for transport. In New Jersey, the law requires that all children under the age of 2 years and 30 pounds be secured in a rear-facing seat equipped with a five-point harness. Check to make sure the car seat is properly installed and practice its proper use to lessen the stress of bringing your newborn baby home.

COLDS AND FLU

Viruses are more prevalent in the fall and winter months. Children younger than 6 months of age have the highest risk for being hospitalized from flu compared to children of other ages. However, they are too young to get a flu vaccine.

Be sure that you get vaccinated so you are less likely to spread the virus to your newborn, and make sure that other household members and caregivers also get vaccinated. In addition:

- Keep yourself and your baby away from people who are sick.
- Clean and disinfect frequently touched surfaces (doorknobs, remote controls, refrigerator handles, etc.).
- Speak up if needed. “Anyone coming in contact with your newborn should wash their hands, or use an alcohol-based hand sanitizer,” says Dr. Sicat. “I tell parents to say, ‘My pediatrician told me to tell everyone to clean their hands before they touch the baby.’ It’s also okay to tell someone you don’t want them to hold your baby. There will be other opportunities for them to cuddle with baby down the line.”

FRIGHTFUL WEATHER

Follow this general rule of thumb from the American Academy of Pediatrics: Infants should wear one more layer than adults. In other words, if you’re wearing a hat and a coat, your infant will probably need a hat and coat, plus a blanket. Also, remember that too many layers may place the infant at risk of overheating. Sweating in the neck area may indicate that the infant is too warm.

A BETTER BED

Sleep schedules can be difficult to establish, and holiday celebrations may prevent you from following any schedule at all. The most important thing when it comes to sleep is that it’s safe. Safe to Sleep, an initiative of the U.S. Department of Health and Human Services, advises:

- Have the baby sleep on a firm and flat surface, not on soft surfaces such as a couch, pillow or blanket.
- Place the baby on his back to sleep, at night and for naps.
- Keep cribs free of blankets, bumpers and stuffed animals.

A LIFELINE IF YOU NEED IT

Many women experience the “baby blues,” and these usually resolve on their own after a few days. But the Centers for Disease Control and Prevention estimates that nearly 10 percent of women go on to experience feelings of postpartum depression, which are more intense and last longer.

If you are feeling disconnected, if you are withdrawing from loved ones or if you are worried that you may harm your baby or yourself, talk to your doctor.

Newark Beth Israel Medical Center offers a variety of childbirth, breastfeeding and infant care classes. To learn more, visit www.rwjbh.org/maternity. To schedule a visit for your newborn with a pediatrician, please call **888.724.7123**.



Juan Moreno is thriving with a self-management home program and the support of the Hemophilia Treatment Center at Newark Beth Israel Medical Center.

LIVING WELL WITH HEMOPHILIA

A YOUNG MAN ENJOYS A FULL, ACTIVE LIFE, THANKS TO CARE AT THE HEMOPHILIA TREATMENT CENTER.

Hemophilia—a blood disorder characterized by excessive bleeding—is a serious condition. But medical advances in recent decades have given patients new hope.

Just ask Juan Moreno, whose earliest memories are of his elbows, knees and ankles swelling or bruising easily as he played outdoors as a child.

As a young adult, Juan was referred to Newark Beth Israel Medical Center (NBI), one of only four state-designated hemophilia treatment centers that treat both pediatric

and adult patients with inherited bleeding and clotting disorders. Today, he lives a full and active life, needing only yearly visits to the Hemophilia Treatment Center at NBI because of its robust self-

management program, in which Juan is able to treat himself with the medicine he needs.

“Often, the patient doesn’t have to come in for treatment,” explains Alice Cohen, MD, Director of the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at NBI. “As a state and federally recognized and funded Comprehensive Hemophilia Treatment Center, our nurses and psychosocial staff are able to spend hours on the phone with patients and family members.” For the patient, that means less time lost from work and an overall better quality of life.

“Since his initial treatment and with annual follow-up visits, Juan is doing really well,” Dr. Cohen says. “He is the advertisement for the progress made in the treatment of hemophilia in recent decades.”

ADVANCES IN TREATMENT

Because hemophilia prevents blood from clotting normally, people who have the condition classically have bleeding in the joints and may bleed for a longer time after an injury or cut. Bleeding within joints can lead to chronic joint disease and pain, and bleeding in the head or brain can be life-threatening.

The main treatment for hemophilia is replacement therapy, in which concentrates of clotting factor are infused into a patient’s vein to replace the clotting factor that’s missing in his or her blood. Depending on a patient’s type of hemophilia, self-infusions can prevent bleeding, as well as stop it when it occurs.

Moreover, the need for less frequent self-infusions is on the horizon. “There’s exciting new research underway that will allow the clotting factor to last for a longer period of time, so that patients don’t have to infuse themselves as often,” says Dr. Cohen. Gene therapy, in which a gene infused into the blood will prompt a patient’s body to create its own clotting factors, is another promising area of research.

For now, Juan is managing well day-to-day with the help of NBI’s self-infusion home care program. Once a year, he is evaluated by the hospital’s team of experts, including hematologists, nurses, psychosocial professionals and physical therapists.

“In a strange way, I am grateful to have hemophilia, as it has made me more aware of my body, my diet, my exercise and has helped me to push to the next level,” Juan says.

“Thanks to support from the Hemophilia Treatment Center, I lead a very active lifestyle, including playing competitive soccer in a men’s league. I decided long ago not to live my life in fear, not to use hemophilia as an excuse and to live my life to its fullest.”



ALICE COHEN, MD

To learn more about the Comprehensive Hemophilia Treatment Center and treatment for sickle cell, thrombosis and other blood disorders, call **888.724.7123** or visit www.rwjbh.org/newarkbeth.



UP FOR THE CHALLENGE!

NOW CELEBRATING ITS 10TH YEAR, THE BETH CHALLENGE HAS INSPIRED COMMUNITY MEMBERS TO SHED POUNDS AND LEAD HEALTHIER LIVES.

Getting people excited about nutritious eating isn't easy—but with the support of Newark Beth Israel (NBI) and Children's Hospital of New Jersey, a creative idea by an NBI dietitian 10 years ago did just that.

Modeled after the hit NBC reality show "The Biggest Loser," The Beth Challenge began in 2009 as a 12-week weight-loss competition for NBI employees. It has since spread to houses of worship, police and fire departments, the Essex County Executive offices and even Newark City Hall. The program now extends to communities beyond Newark as well.

Participants in The Beth Challenge get information, support and weekly weigh-ins on-site at their church or at work, with the option to also get their blood pressure and body composition read. To date, a whopping 25,000 combined pounds have been shed.

At right, successful "losers" tell their stories of mastering the Challenge, with the help of their church community.



Rev. Philip Gilmore, at right, with NBI Vice President of Community Relations Rev. Dr. Marilyn M. Harris

'I'm exercising four to five times a week.'

"I got involved with The Beth Challenge because I understood the power of my office and I thought if I joined, more folks would want to get involved," says Rev. Philip Gilmore, 55, Pastor at St. John's Community Baptist Church in Newark, who has hosted the Challenge at his church since it began. He has lost 30 pounds over the years. "Even though everyone in my church knows how much I love French fries, I've expanded my vegetable repertoire. I'm exercising four to five times a week, which I didn't do before the Challenge."

About 35 parishioners take part each year. "It has definitely made people much more cognizant of what they eat," he says. "At church events, rather than having fried chicken, we'll have baked, and we serve more vegetables."

"The Scriptures tell us that our body is the temple where the Holy Spirit dwells, so we need to take care of it," Rev. Gilmore says. "I think to make the 'easy' choice to eat right prepares the will to make the right choices for the greater challenges of life."



Gale Bennett

'I'm no longer prediabetic.'

When her doctor told her that she was prediabetic, Gale Bennett, 67, a retired hospital supervisor, knew it was time to make a change. "My mother was a diabetic and so is my sister, and I didn't want to be on medication for the rest of my life," she says.

Gale joined The Beth Challenge at Clear View Baptist Church in Newark, and dropped from 239 pounds to 212 pounds. "I feel like being part of a group challenge made me more accountable," she says. This year, she was the first-place winner at her church, based on percentage of weight lost. "That was a nice surprise!" she says.

Today, Gale has lost a few more pounds and her health is back on track. "My A1C [a measure of blood sugar levels over the prior two to three months] has dropped in the normal range so I'm no longer prediabetic," she says. "I'm feeling really good."



Marcina Rivera

'As simple as a walk in the park.'

Marcina Rivera, 42, has had a lifelong passion for fitness. A community outreach/patient navigator at a local hospital, she is also a volunteer health and wellness ambassador for Community Chapel of Christ Ministries in Newark. There, she helps church members participating in The Beth Challenge by conducting weekly weigh-ins, providing encouragement and hosting healthy eating demonstrations. "I was looking for a way to help the community live healthier lives," Marcina says. "I wanted to let the church community know that in order for us to continue to do what we're doing, we have to be healthy."

Marcina says that thanks to NBI's support, she received a certification that has enabled her to become a Zumba instructor. Community members can take free Zumba classes offered by Marcina and other church ambassadors at NBI's Rev. Dr. Ronald B. Christian Community Health and Wellness Center on the first Saturday of every month at 9 a.m.

Marcina wants people to know that working out doesn't have to be a chore. "It can be as simple as doing resistance exercises at home or taking a walk in the park," she says.

**LOSING IT—
THE RIGHT WAY**

"I originally created The Beth Challenge to boost morale and make hospital employees more aware of healthy eating, because healthcare workers don't necessarily take care of themselves," says Barbara Mintz, MS, RD, Senior Vice President, Healthy Living and Community Engagement at RWJBarnabas Health. She expected about 50 NBI employees to sign up that first year, but instead a staggering 500 joined the challenge.

Whether you plan to participate in The Beth Challenge or simply want to lose weight on your own, ignore the latest diet trends, she says. "There are a lot of myths out there. We're trying to teach people that there's not an easy fix and you have to do it the right way. Don't go on a fad diet, and don't starve yourself." For instance, she advises against the popular Ketogenic (Keto) Diet, which drastically reduces carbohydrates in favor of high-protein and/or high-fat foods. "You may lose a lot of weight initially, but I have never seen people keep weight off with this plan," she says.

The best way to eat, Mintz says, is to balance your meals and keep some sensible tips in mind: "Choose complex carbs like whole grains, fruits and vegetables. Make greens the base of your plate, and not meat and potatoes. And have a little lean protein like eggs, chicken or fish and/or good fats like nuts and avocado at each meal."

Try to fit in 30 to 60 minutes of exercise

every day, Mintz advises. "Exercise is the key to longevity," she explains. "Your weight will come down—and so will your blood pressure and cholesterol."



BARBARA MINTZ, MS, RD

Free nutrition and fitness classes are available at Newark Beth Israel Medical Center's Rev. Dr. Ronald B. Christian Community Health and Wellness Center, which is located on the hospital campus. For more information on wellness classes and activities, call **888.724.7123**.

CONNECTED TO THE COMMUNITY

**NEWARK BETH ISRAEL MEDICAL CENTER AND CHILDREN'S HOSPITAL OF
NEW JERSEY REACHES OUT TO THE COMMUNITY IN COUNTLESS WAYS.**



CANCER SURVIVORS CELEBRATION OF LIFE

On June 23, the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center hosted its 23rd Annual Cancer Survivors Celebration of Life event. More than 500 NBI patients and their guests attended the event, which includes a candle-lighting ceremony, live dance performances and inspirational speeches from survivors and their physicians.

The Cohen Cancer Center, in partnership with Rutgers Cancer Institute of New Jersey, the state's only NCI-Designated Comprehensive Cancer Center, offers a world-class team of researchers and specialists, providing close-to-home access to the latest treatments and clinical trials for cancers of every kind.

To learn more about community events sponsored by Newark Beth Israel Medical Center and Children's Hospital of New Jersey, visit www.rwjbh.org/events.



ANNUAL BETH CHALLENGE CHURCH WALK FOR WELLNESS

Celebrating the accomplishments of participating churches, the Annual Beth Challenge Church Walk for Wellness on June 22 was a lively day of fun, healthy movement and awards for greatest percentage of weight lost. Nine participating churches lost a combined total of 742.8 pounds.



WOMEN'S HEALTH DAY

On June 1, Newark Beth Israel Medical Center hosted its annual Women's Health Day at the Newark Airport Marriott. The program was focused on empowering women, promoting healthy lifestyles and inspiring wellness. It featured special guests Congressman Donald M. Payne, Jr., U.S. Representative for New Jersey's 10th Congressional District, and Special Guest Host and Panel Moderator ABC7's Toni Yates (both pictured, center, with Darrell K. Terry, Sr., President and Chief Executive Officer of Newark Beth Israel Medical Center). A panel with renowned physicians provided a discussion of what total wellness means for women today. Free health screenings, raffles and door prizes and complimentary breakfast and lunch were available.

10 TIMES TO USE TELEMED

A VIRTUAL DOCTOR VISIT CAN BE THE FASTEST WAY TO FEEL BETTER.

With the RWJBarnabas Health TeleMed service, patients can reach a U.S. board-certified doctor at any time of day or night, including weekends and holidays. The *how* is simple: Download an app for iOS or Android and connect via smartphone, tablet or computer.

But *why* might you choose to use TeleMed rather than make an appointment with your doctor? At right are some circumstances that might make a virtual visit a good choice.

TeleMed is appropriate for common complaints such as colds, flu, fever, minor rashes, earache, sinusitis, migraine, abdominal pain, allergies, pink eye and joint pain.



CALL 911 IF...

TeleMed is not for emergencies. Call 911 or go to the nearest emergency department if you are experiencing any of the following emergency medical problems:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, change in vision, slurred speech, numbness or other neurological changes
- Severe or persistent vomiting or diarrhea
- Severe abdominal pain
- Changes in mental status, such as confusion
- Assault, physical or sexual abuse
- Broken bone



You get sick while on vacation.



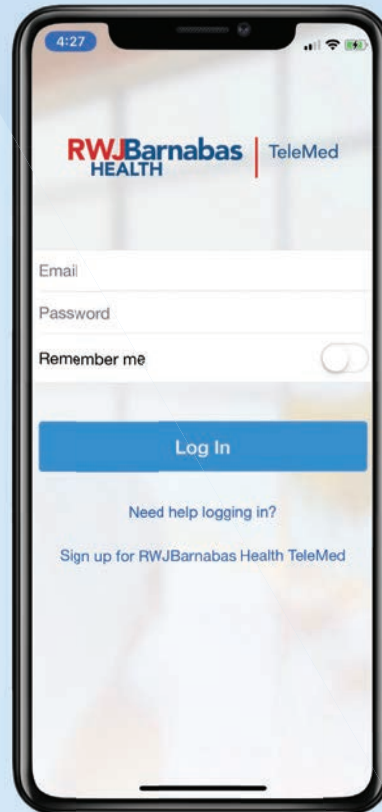
Your doctor's office is closed.



You need care for a sick child, but can't leave your other children home alone.



You can't get a same-day appointment with your doctor.



You feel too sick to leave the house.



You're out of town and realize you forgot a prescription.



You live in a rural area, making doctor visits and follow-up visits inconvenient.



You don't have time to wait in a waiting room.



It's difficult to take time off from work to go to the doctor.



You don't want to expose others to a contagious disease (or be exposed to theirs).

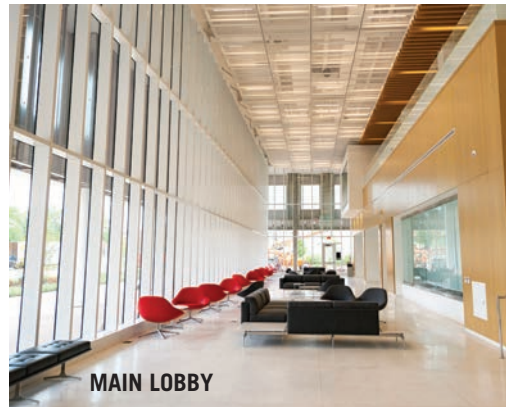
To learn more or to sign up for the RWJBarnabas Health TeleMed service, visit www.rwjbh.org/telemed.



GYMNASTICS



HYDROTHERAPY



MAIN LOBBY



WEIGHT ROOM



BASKETBALL



WRESTLING



**HAPPY BIRTHDAY,
COLLEGE FOOTBALL!**
150 YEARS OF ATHLETIC PROWESS
AND PASSIONATE FANDOM BEGAN
AT RUTGERS UNIVERSITY.



As a major milestone in Rutgers sports history is marked with the opening of the RWJBarnabas Health Athletic Performance Center, a national college sports milestone is also being celebrated: the 150th anniversary of the first game of intercollegiate football, which took place on Nov. 6, 1869, between Rutgers and Princeton. (Rutgers triumphed, 6-4.) The season-long festivities include themed home games and the unveiling of a new “Victory” statue. RWJBarnabas Health, the official healthcare provider of Rutgers Athletics, is a presenting sponsor. To learn more, visit www.rutgersgameday.com.

THE RWJBARNABAS HEALTH ATHLETIC PERFORMANCE CENTER AT RUTGERS UNIVERSITY KICKS OFF A NEW ERA FOR RUTGERS SPORTS.

For Rutgers student-athletes, the future is here. The state-of-the-art RWJBarnabas Health Athletic Performance Center at Rutgers University, which opened in September, is home to new facilities for men’s and women’s basketball, wrestling and gymnastics, as well as a sports performance/sports medicine suite, nutrition lounge, seating area for professional scouts and more.

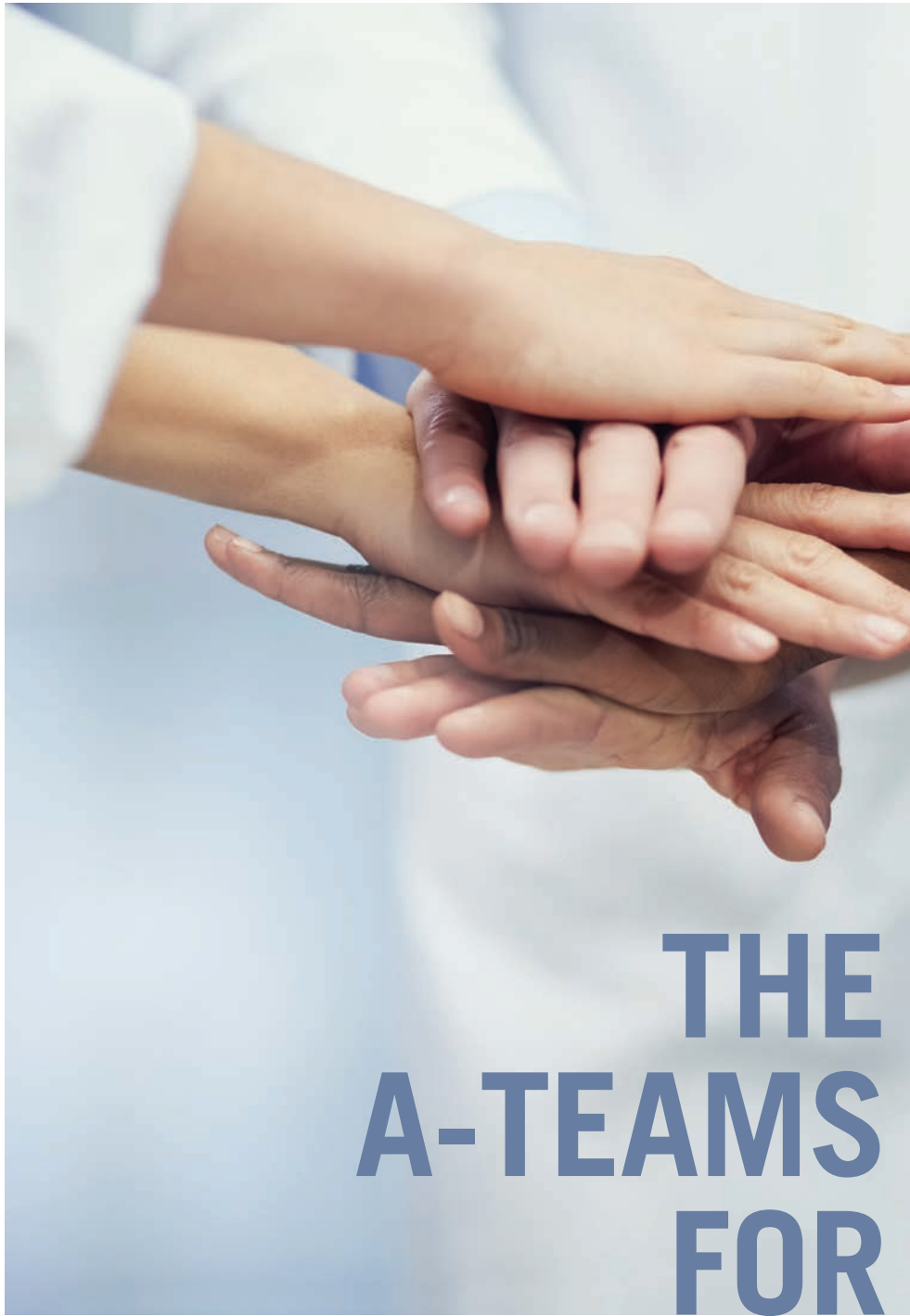
The 307,000-square-foot, four-story facility brings Rutgers athletic offerings to a new level. “It’s a game changer for our student-athletes in clinical care,” says Pat Hobbs, Director of Intercollegiate

Athletics at Rutgers University. “They are going to receive the very best in sports medicine.” The facility was made possible by an investment from RWJBarnabas Health, the official healthcare provider of Rutgers Athletics.

“For far too long, we haven’t produced, as a state, those facilities and resources necessary to have world-class athletes—and frankly, in New Jersey, we have world-class athletes,” says Barry Ostrowsky, President and CEO of RWJBarnabas Health. “At Rutgers, we have world-class students. For us, this is a wonderful opportunity to invest in a great University.”



To learn more about RWJBarnabas Health partnerships, visit www.rwjbh.org/corporatepartners.



THE A-TEAMS FOR

ADVANCED HEART FAILURE

TWO RWJBARNABAS HEALTH HEART TRANSPLANT PROGRAMS COLLABORATE TO OFFER WORLD- CLASS CARE, CLOSE TO HOME FOR NEW JERSEY RESIDENTS.

In 1989, cardiologist Mark Jay Zucker, MD, relocated from Chicago to join nationally renowned cardiovascular surgeon Victor Parsonnet, MD, at Newark Beth Israel Medical Center (NBI). Both physicians saw an opportunity to build a world-class heart failure treatment and transplant program at NBI.

Toward that end, Dr. Zucker and other members of the NBI team met with cardiologists around the state, gave talks and lectures, and sent out educational mailings to introduce the medical community to the new program.

Over the course of 30 years, the goal of creating a nationally renowned heart failure and transplant center has been met, perhaps beyond the team's wildest dreams—and certainly beyond those of many patients. By 2017, the Advanced Heart Failure Treatment and Transplant Program at NBI had performed more than 1,000 transplants, one of only a dozen programs in the U.S. to reach that milestone. Today the program performs about 50 to 55 transplants each year; has roughly 70 staff members, seven physicians, three surgeons and a full complement of nurses and nurse practitioners; and follows more than 4,000 patients at five different offices.

COVERING THE STATE

The NBI program and the Advanced Heart Failure and Heart Transplant Program at Robert Wood Johnson University Hospital in New Brunswick (RWJUH) are the only two heart transplant programs in New Jersey,

“We are one of the major referral centers for heart conditions in the state, particularly in central New Jersey,” says Aziz Ghaly, MD, Surgical Director, Advanced Heart Failure and Heart Transplant Program at RWJUH. “We offer the most advanced options for treatment of heart failure available. That means we

can do complete workups for patients under one roof.”

As collegial members of the same health system, the two programs provide seamless treatment to any patient in need of complex cardiac care, not only from the hospitals of the RWJBarnabas Health system but from any hospital inside New Jersey or beyond. For New Jersey residents, that means advanced cardiac care is always available close to home.

The connection between the two teams further enhances patient care. “Leadership of both programs meet regularly to discuss how to coordinate care, improve safety, streamline services and sometimes just to learn from one another as well,” says Dr. Ghaly.

MULTIDISCIPLINARY APPROACH

At NBI, Dr. Zucker, Director of the Cardiothoracic Transplantation Program, and Margarita Camacho, MD, Surgical Director of Heart Transplantation, are two of the most senior physicians in the field, with a combined experience of caring for more than 1,500 transplant patients. Both physicians are at the forefront of advanced heart failure treatments, and both have been at NBI for the majority of their careers. “That translates to consistency,” says Dr. Zucker. “We have danced together for a long time.” The RWJUH transplant program has been in place for more than 20 years, with year after year of excellent outcomes, says Dr. Ghaly.

Both programs rely on multidisciplinary teams to provide



AZIZ GHALY, MD



MARK JAY ZUCKER, MD

the highest quality of care. “Advanced cardiac care requires a tightly integrated, well-functioning team of talented and knowledgeable clinicians, paramedical professionals, social workers, pharmacists and dietitians,” says Dr. Zucker.

“Heart transplantation is not maintenance-free after surgery,” explains Dr. Ghaly. “Our heart failure cardiologists and nurse coordinators monitor patients very closely afterward, becoming like part of the patient’s family. The role is crucial to the patient’s survival post-transplant, and they are the heart and soul of our program.”

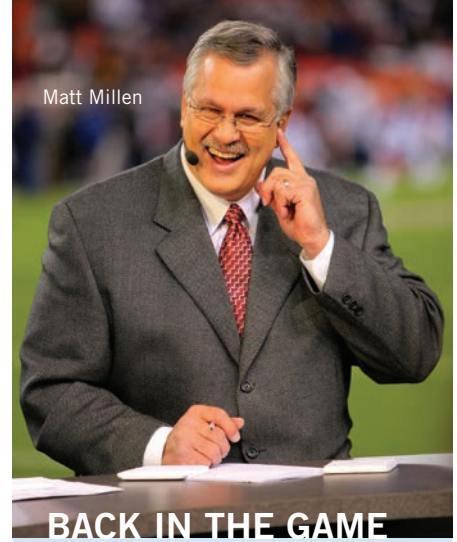
FUTURE-FACING

Both programs are national leaders in treatment for advanced heart failure, including the use of ventricular assist devices (VADs). These surgically implanted mechanical pumps can keep patients alive as they wait for a heart transplant or when other medical conditions have rendered them ineligible for transplantation.

The NBI and RWJUH programs also participate in multiple research trials that offer patients access to new investigational medications and devices prior to commercial availability. Most recently, the teams have been studying medications to treat advanced congestive heart failure, amyloid and lamin A/C cardiomyopathy.

The transplant center at NBI is currently undergoing a \$4.3 million renovation. “The transplant suite will soon integrate the mechanical support, heart and lung transplant programs all under one roof,” says Dr. Zucker. “The ability to interact on a moment-to-moment basis provides an ability to exchange ideas and ensure that all team members are up to date with new and emerging technologies.”

This type of interaction is crucial when it comes to caring for such critically ill patients, says Dr. Zucker. “After all, the management of heart failure is a 24/7 operation that only works when you have a team of truly committed individuals.”



BACK IN THE GAME

During Matt Millen’s storied career as a football player, observers often said he showed “a lot of heart.” That description resonated with many when they learned he was waiting for a life-saving heart transplant at Newark Beth Israel Medical Center (NBI).

An All-American linebacker at Penn State, Millen had a 12-year NFL career, including four Super Bowl wins. He served as president and CEO of the Detroit Lions, followed by a successful career as a football commentator.

As the years went on, he began to feel weaker and increasingly short of breath. It became hard to navigate the few stairs to his basement wood shop.

Ultimately, Millen was diagnosed with the rare disease amyloidosis. Abnormal proteins called amyloids had been deposited in his heart muscle, rendering it stiff and unable to function properly.

In the fall of 2018, Millen spent three months at NBI, under the care of Mark Jay Zucker, MD, Director of the Cardiothoracic Transplantation Program, and his team. On December 24, 2018, Millen underwent heart transplant surgery performed by Margarita Camacho, MD, Surgical Director of Heart Transplantation, and Mark Russo, MD.

The surgery was a success. With a new heart and a new lease on life, Millen is back in the broadcasting booth for the 2019 football season.

Your heart doesn’t beat just for you. Get it checked. To reach an RWJBarnabas Health cardiac specialist near you, call **888.724.7123** or visit www.rwjbh.org/heart.





CANCER: WHERE TO CALL FOR HELP

**NOW THERE'S A SINGLE PHONE NUMBER FOR CLEAR
AND COMPASSIONATE ANSWERS ABOUT CANCER TREATMENT.**

When a person is diagnosed with cancer, he or she has a lot to learn—and many decisions to make. What's the best course of treatment? Where is the best place for treatment? Who is the best doctor to treat my cancer? How can I get a second opinion?

That's why RWJBarnabas Health (RWJBH), in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, has created an Oncology Access Center. This concierge-like service for cancer patients has an easy-to-remember number: 844-CANCERNJ. At that number, specialized oncology access representatives and oncology access nurse navigators stand ready to direct patients to the expert care they need. The Oncology Access Center creates one point of contact for all oncologists and hospitals in the RWJBH system and at Rutgers Cancer Institute.

"We are well aware that people who are newly diagnosed or seeking a second opinion are dealing with an extremely stressful personal situation," says Steven K. Libutti, MD, Senior Vice President of Oncology Services, RWJBH and Director of Rutgers Cancer Institute of New Jersey. "We want to make the process of finding care as stress-free and efficient as possible."



STEVEN K. LIBUTTI, MD

In the past, Dr. Libutti explains, patients and caregivers needed to do extensive research on their own to figure out what location and what physician would be most appropriate for their care. "Now they can more easily access NCI-designated cancer care across the state," he says.

NAVIGATING THE JOURNEY

"We're especially excited to have nurse navigators located right at the contact center if a person has a clinical question," says Bryan Soltes, System Vice President, Network Development, Oncology Services for RWJBH. "That aspect of our system makes it uniquely helpful to patients."

When a caller is referred to a specific hospital, he or she is immediately linked to the nurse navigator platform at the hospital, Soltes says. "Nurse navigators guide patients through their entire journey of diagnosis, treatment and recovery, not only making appointments but connecting the patient with oncology support services," he explains.

"Our system is making a very big commitment to nurse navigation in general," Soltes says. "Our goal is to be the largest nurse navigation system for oncology in the country."

Experts at RWJBH recognize that oncology healthcare calls are different from other kinds of calls. "They are often from people dealing with potentially serious situations," Soltes says. "With our Oncology Access Center and nurse navigator programs, we're able to put our arms around the patient, so to speak, and say, 'We'll help you take it from here.'"



Opposite page and this page, clockwise: For the first time, a roller coaster was wrapped in support of cancer awareness for the Coasters for Cancer campaign. Survivors and their families joined a special survivors celebration at Six Flags Great Adventure, which partnered with RWJBarnabas Health and Rutgers Cancer Institute of New Jersey to bring greater awareness to the disease and efforts to fight it.



RWJBarnabas Health,
in partnership with Rutgers
Cancer Institute of New Jersey—
the state's only NCI-Designated
Comprehensive Cancer Center—
provides close-to-home access
to the latest treatment, including
clinical trials. Visit
www.rwjbh.org/beatcancer.**



RAISE YOUR HANDS FOR SURVIVORS

Life can be a roller coaster, especially when a person is coping with cancer. That made it especially fitting for three iconic New Jersey brands—RWJBarnabas Health (RWJBH), Rutgers Cancer Institute of New Jersey and Six Flags Great Adventure—to create the Coasters for Cancer campaign.

Brightly colored handprints were collected from cancer survivors and supporters. Those handprints were wrapped into a design to adorn the Runaway Mine Train roller coaster at Six Flags Great Adventure in Jackson Township. When park visitors take the ride, they're reminded of how many people cancer touches in the state of New Jersey.

The campaign was unveiled during a National Cancer Survivors Day Celebration at Six Flags Great Adventure on June 9. "More people need to know about the disease and about the research that's being done right in our own backyard," says John DeSimone, a patient at Rutgers Cancer Institute.

"What I hope people get out of this display is that cancer doesn't discriminate," says cancer survivor Johnny Volpe, 17, who was diagnosed when he was just 7. "Cancer goes for anyone and everyone, and it's great that people are aware."

"The Coasters for Cancer campaign is an incredible opportunity to shine the spotlight on cancer survivorship, education and prevention," says Justin Edelman, Senior Vice President, Corporate Partnerships, RWJBH. "If this campaign helps just one person, it's all worth it."

The Oncology Access Center is open from 8 a.m. to 5 p.m., Monday through Friday. Call **844.CANCERNJ (844.226.2376)**.



Staff and members at Opportunity Project engage in a variety of work-related and social activities through the Clubhouse Program.

BEYOND BRAIN INJURY

A NEW PARTNERSHIP BRINGS ADDITIONAL RESOURCES TO THOSE LIVING WITH TRAUMATIC BRAIN INJURY.



About every 13 seconds in the U.S., someone suffers traumatic brain injury (TBI)—a blow or penetrating injury to the head that's severe enough to disrupt normal brain function.

Children with TBI are often treated at Children's Specialized Hospital (CSH), the leading provider of inpatient and outpatient care for children and young adults facing special healthcare challenges. Until recently, however, CSH had no way to help these patients as they grappled with the lingering effects of TBI in adulthood.

To remedy that situation, CSH has begun a new partnership with the nonprofit Opportunity Project, founded by parents whose sons were dealing with TBI. The

program offers a wide range of services to help adults with TBI reach their full potential.

The organization's mission and services make it a natural fit for CSH. "Opportunity Project has a long, rich history of serving the critical needs of adults with brain injury," says Warren E. Moore, FACHE, President and CEO, CSH, and Senior Vice President, Pediatric Services, RWJBarnabas Health. "We are thrilled to partner and learn from one another, ensuring a bright future for the communities we serve."

MOVING FORWARD

Mild TBI, the most common kind, affects the brain only temporarily. However, symptoms of moderate to severe TBI may

be long-term, even lifelong. These symptoms can include difficulty thinking clearly, headaches, moodiness, sensitivity to light, physical impairment and sleep problems. Up to 90,000 people experience the onset of long-term disability from TBI each year.

The only program of its kind in New Jersey, Opportunity Project has served more than 600 individuals affected by TBI, along with their families, since its inception in 1993. The organization is housed in a 14,000-square-foot facility in Millburn that's accessible to the center of town and to public transportation, and is open five days a week.

Here, members can meet to receive occupational therapy, to confer with social workers who can help them access community resources, or to practice skills in reading, writing, planning and more. Opportunity Project also trains members who wish to become part of its Speakers Bureau, enabling them to use their firsthand knowledge of living with a brain injury to deliver inspiring and educational presentations.

For more information about Opportunity Project, visit www.opportunityproject.org. For more information about Children's Specialized Hospital, call **888.244.5373** or visit www.childrens-specialized.org.

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. Our locations in Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Mountainside, New Brunswick, Newark, Toms River and Warren treat everything from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health.

Create a healthy tomorrow by leaving a lasting legacy today.

Help ensure that the next generation has easy access to extraordinary health care by including Newark Beth Israel Medical Center or Children's Hospital of New Jersey in your estate plans. You can create your legacy today by including the medical center as a partial beneficiary of your will or retirement account. It's simple. It's impactful. It's lasting.

For more information, please contact Greg Ellmer at **973-322-4302** or **Gregory.Ellmer@rwjbh.org**. Information is also available online by visiting **newarkbethgiving.org**

**Newark Beth Israel
Medical Center**
**Children's Hospital
of New Jersey**

RWJBarnabas
HEALTH





Geoffrey Atkins, center, during a post-surgery visit with Antonios Mammis, MD, and Erin Feinstein, DO.

THE CUTTING EDGE OF SURGERY

DEEP BRAIN STIMULATION IS JUST ONE OF THE ADVANCED TREATMENTS THAT NEUROSURGEONS AND NEUROLOGISTS AT NEWARK BETH ISRAEL MEDICAL CENTER CAN OFFER.

Geoffrey Atkins, 70, of Newark, spent decades running a successful Wall Street consulting business. Over time, he and his family had noticed that he had begun to develop minor shaking in his hands. The shaking got increasingly worse beginning in 2017, and he quickly found himself semi-retired.

“I could no longer take notes during meetings; I couldn’t type on a laptop; I couldn’t even trust myself to take a dinner plate to my granddaughters,” he says. “There were so many things I took for granted that I could no longer do.”

The diagnosis: essential tremor, a nervous system disorder that causes involuntary shaking. Medicine is an effective treatment for many, but it only made Geoffrey feel tired and sluggish.

Geoffrey’s research into his options led him to the Rutgers Neurological Institute of New Jersey at Newark Beth Israel

Medical Center (NBI). He learned that neurosurgeons and neurologists there had access to the newest technology for “deep brain stimulation” (DBS) from medical device maker Boston Scientific. Geoffrey agreed to be one of the first two patients at NBI and in the entire state to reap the benefits of this specific technology.

“Given my quality of life then and what the specialists told me, I knew this solution could help,” Geoffrey says.

ELECTRICAL ANSWERS

As the name suggests, deep brain stimulation involves sending mild electrical impulses to specific areas deep inside a person’s brain, interrupting electrical signals that cause tremors and involuntary movement. DBS is also effective for people with Parkinson’s disease (which, though it has similar symptoms, is a condition unrelated to essential tremor). “DBS is a tried-and-true treatment that has been FDA-approved since 1997 and that modern advances have made even better,” says Erin Feinstein, DO, a neurologist and expert in movement disorders at NBI.

When a patient is considered for surgery, a neurologist who specializes in movement disorders does an assessment to ensure proper diagnosis. For the surgery, a neurosurgeon and neurologist together use sophisticated equipment to pinpoint the location for stimulation. Guided by a computerized map of the brain, a neurosurgeon implants wires, or “leads,” to the brain through a small opening in the skull. The leads are connected to a pacemaker-like “controller” implanted under the skin of the chest.

“When medicines no longer help in reducing symptoms of Parkinson’s or

essential tremor, or when side effects of medicines are extreme, DBS surgery is an exciting option,” says neurosurgeon Antonios Mammis, MD, Director of the Center for Functional Neurosurgery Neuromodulation at the Neurological Institute of New Jersey, Rutgers New Jersey Medical School. “With the addition of the Boston Scientific equipment, we can offer DBS to patients using any of three different types of systems. We’re the only center in the state with access to all three technologies, so we can give patients every opportunity to improve their lives.”

Many patients and families do not know about DBS, he says. “We’re excited to let more people know it exists, right here in New Jersey.”

PRECISION CONTROL

Dr. Feinstein, who has been performing DBS for more than five years, is impressed with the precision made possible by the new system. “It gives me better control over both the location of the stimulation and the strength of the impulses,” she says. “Patients are awake during the two-to three-hour surgery, so they can tell us immediately when we have the right location and strength.”

“As Dr. Feinstein did the programming, my ability to control my hand motions changed dramatically while she adjusted the electrodes,” Geoffrey says of the June 2019 procedure.

Over a period of months post-surgery, Dr. Feinstein adjusts the programmer during office visits. “I’ve seen major improvements,” Geoffrey says. “I have no problem with my writing or with buttons, and I can cook and wash dishes again. When I put my hand out, it doesn’t shake like it used to.”

He looks forward to returning to regular gym workouts, and maybe returning to work full-time. “I’m not sure about that, though,” he says with a laugh. “I’d like to spend more time with my children and grandchildren.”



HOW SURGEONS HONE THEIR SKILLS

For golf and many other sports, professional athletes review videos of their performance to break down their movements and study ways they can improve.

Surgeons at Newark Beth Israel Medical Center (NBI) are doing something similar. They’ve enlisted a team of experts from all over the world to review videos of their procedures. The program is called C-SATS—short for “crowd-sourced assessment of technical skills.”

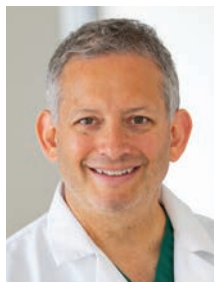
Using a secure online platform, and taking care to remove any personally identifiable details, NBI surgeons send videos of their robot-assisted and laparoscopic operations to C-SATS. A team of experts reviews the video frame-by-frame and provides feedback.

“The feedback might include comments about the surgeon’s control of the instruments, guidance for using both hands more effectively or ways to improve the speed and efficiency of the operation,” says Adam Kopelan, MD, Chair of the Department of Surgery and Director of Surgical Services at NBI, and a member of Barnabas Health Medical Group. “It’s highly detailed information that our surgeons welcome because it helps us improve care for our patients.” Since late last year, more than two dozen members of NBI’s medical staff have participated in the program.

With the success of NBI’s pilot study, C-SATS will be offered to other surgeons in the RWJBarnabas Health system, he says. “In a year, I think all teaching hospitals will be using this tool.”



ERIN FEINSTEIN, DO



ADAM KOPELAN, MD



ANTONIOS MAMMIS, MD

To learn more about cutting-edge treatments at Newark Beth Israel Medical Center, call **888.724.7123** or visit www.rwjbh.org/newarkbeth.



RWJBarnabas Health and the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the latest treatment and clinical trials. For more information, visit www.rwjbh.org/beatcancer.

THE SYMPTOM WOMEN SHOULD NEVER IGNORE

**IF UNEXPLAINED VAGINAL BLEEDING
OCCURS POST-MENOPAUSE, SEE
YOUR DOCTOR RIGHT AWAY.**

Danni Rocha was past menopause, but she was having vaginal bleeding. One day, since she was running errands near her gynecologist’s office, she decided to stop in.

“I joked with them that I thought my period was starting again,” she says.

The gynecologist told her she’d been right to come. Danni was sent directly to Newark Beth Israel Medical Center (NBI) for blood work and tests.

“My doctors worked fast to find out why I was bleeding,” says Danni, 58, a resident of Elizabeth. “Tests showed I had uterine cancer, and they scheduled me to have surgery a few weeks later. It all happened so fast.

“By the grace of God, I’m here today to tell the story.”



At left, Danni Rocha at a follow-up doctor visit. Above, Danni recently gave thanks along with fellow cancer survivors at the Cancer Survivors Celebration of Life sponsored by the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center.

ADVANCED SURGERY

The news was so unexpected that Danni struggled to make sense of it all. “But they told me I would be in the best hands,” she says, “and after I met Dr. Anderson, I knew they were right.”

Surgery is the most common treatment for uterine cancer, says Danni’s surgeon, Patrick Anderson, MD, Director of Gynecologic Oncology at NBI. The surgical team at NBI’s Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center, where Danni went, uses some of the most advanced techniques available for gynecological surgery.

“We’re one of the few hospitals in the state to employ the most current generation of the da Vinci Surgical Robotic System, so we always have the

latest technology,” says Dr. Anderson. “Plus, we have more than 12 years’ worth of experience in using it for gynecological cancers specifically.”

With the robotic system,



PATRICK ANDERSON, MD

patients also have the benefit of shorter recovery time compared to traditional, or “open,” surgery because the incision required is much smaller. “This faster recovery is important when patients need further care, including chemotherapy or radiation therapy,” says Dr. Anderson.

After Danni’s hysterectomy (removal of the uterus), chemotherapy was recommended to ensure the cancer was eradicated. To diminish the chance that the cancer would return, a course of radiation was prescribed.

“Going through this, I had a lot of emotional ups and downs,” Danni says. “But my faith and my family kept me straight. And I had the best support from everyone at the Cohen Cancer Center at Newark Beth Israel. They always had a smile, and they always checked on me, sometimes just to see how I was feeling.”

Danni’s last treatment was in January of 2019, but her trips to NBI continue. Today, she gladly visits as a volunteer for the monthly meetings of NBI’s Cohen Cancer Center survivor support group.

“I was blessed through this,” she says. “The confidence that my doctor and everyone gave me was great. I want to share that with others who are going through something similar.”

UTERINE CANCER: WHAT TO KNOW

Uterine cancer most often begins in the endometrium, the tissue that lines a woman’s uterus. “For about eight in 10 women with endometrial or uterine cancer, bleeding is the first symptom,” says Patrick Anderson, MD, Director of Gynecologic Oncology at Newark Beth Israel Medical Center.

Endometrial cancer is usually found around the time a woman reaches menopause (stops having her period), which can be a gradual process spanning several years, or even years after menopause. If bleeding occurs at the beginning of menopause, many mistake it for a period, Dr. Anderson says.

“But beyond age 52 or 53, bleeding is not normal, no matter how good you feel or what you think the cause is,” he says. “If you have bleeding, see your doctor.”

Besides bleeding, symptoms of endometrial cancer include pelvic pain, feeling a mass or unexplained weight change. Uterine sarcomas (tumors), which are much rarer than endometrial cancer, may also have similar symptoms.

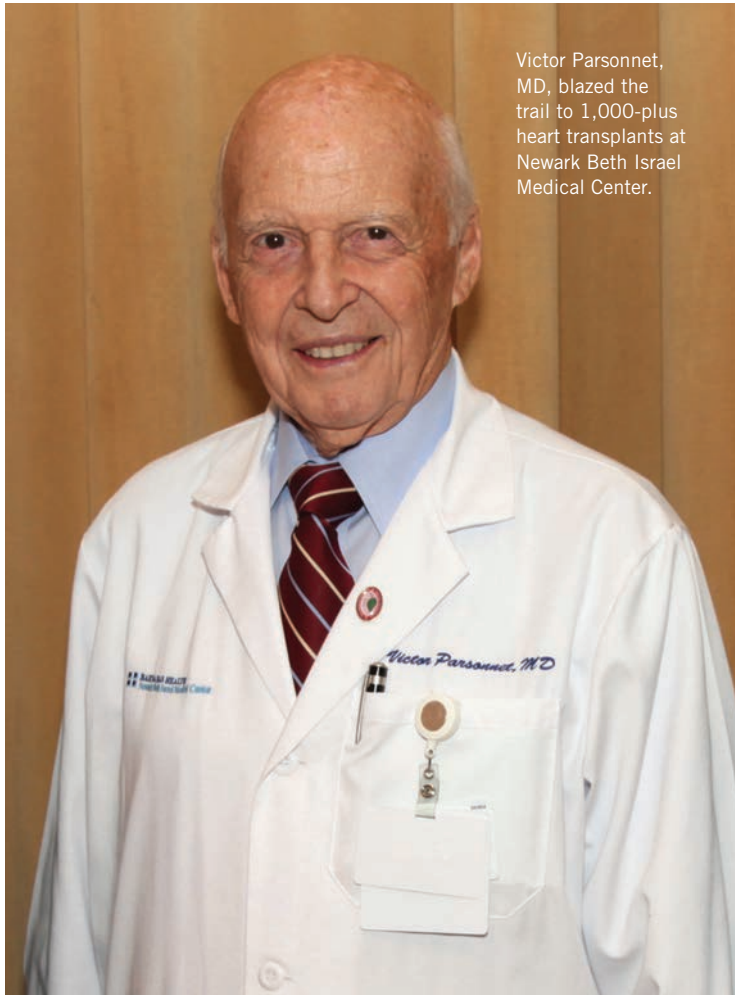
ARE YOU AT RISK?

Besides age, factors that can increase the risk for endometrial cancer are:

- Obesity
- Type 2 diabetes
- Taking certain hormones, plus conditions or drugs that affect hormones
- Taking the drug tamoxifen (for breast cancer)
- Never having been pregnant
- Family history of cancer of the endometrium, colon, breast or ovary

The American Cancer Society recommends that women at increased risk for endometrial cancer see their doctor whenever they have abnormal vaginal bleeding.

To learn more about top cancer care at the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center, call **844.CANCERNJ**.



Victor Parsonnet, MD, blazed the trail to 1,000-plus heart transplants at Newark Beth Israel Medical Center.



Victor Parsonnet, MD, laid the foundation for one of the most successful cardiac surgery programs in the state of New Jersey and in the nation at RWJBarnabas Health. Now, at 95 years old, he will be recognized as a true New Jersey Hall of Famer. Dr. Parsonnet will be inducted into the Hall of Fame Class of 2019 in the Public Service category on Oct. 27.

A Newark native, Dr. Parsonnet made his name in New Jersey and worldwide as a groundbreaking cardiac surgeon. He performed the first heart transplants and kidney transplants in New Jersey. He implanted the first permanent pacemakers in New Jersey and the first permanent transvenous pacemakers worldwide.

"A pioneer is one who ventures into unexplored areas with innovative ideas," says Barry H. Ostrowsky, President and Chief Executive Officer, RWJBarnabas Health. "Certainly, Dr. Victor Parsonnet, creator of so many frontline medical procedures that are regularly performed in our facilities today, is a pioneer and well deserving of the recognition and tribute of being named to the 2019 New Jersey Hall of Fame."

DECADES OF DISTINCTION

"We are forever indebted to Dr. Victor Parsonnet for his dedication to our patients, to this community and to advancements in cardiac research. He paved the way for our current success as one of the most comprehensive cardiac programs in the country," says Darrell K. Terry, Sr., MHA, MPH, FACHE, President and Chief Executive Officer, Newark Beth Israel Medical Center and Children's Hospital of New Jersey. Dr. Parsonnet is the former Director of Surgery and Surgical Research at Newark Beth Israel Medical Center, an RWJBarnabas Health facility, where he practiced medicine for more than 60 years and achieved many milestone moments for the state of New Jersey.

Dr. Parsonnet established New Jersey's first heart transplant program at Newark Beth Israel Medical Center. The Advanced Heart Failure Treatment and Transplant program at Newark Beth Israel has performed more than 1,000 heart transplants, a distinction held by only 12 hospitals in the country.

In addition to his many clinical accomplishments, Dr. Parsonnet is a devotee of the performing arts and served as chairman of the New Jersey Symphony Orchestra for 17 years. He was an early supporter of the creation of the New Jersey Performing Arts Center, and is a pianist and avid tennis player.

A CARDIAC SURGEON'S LIFESAVING LEGACY

NEWARK'S OWN DR. VICTOR PARSONNET IS NAMED TO THE NEW JERSEY HALL OF FAME.

Your heart doesn't beat just for you. Get it checked. To reach a Newark Beth Israel Medical Center cardiac specialist, call **888.724.7123** or visit www.rwjbh.org/heart.



HEALTHY HOLIDAY RECIPES

TRY THESE SLIMMED-DOWN SIDE DISHES THIS THANKSGIVING.

“Thanksgiving dishes are not around for just one meal—we make so much food that we tend to be eating leftovers for several days,” says Molly Fallon Dixon, MSD, RDN, Community Wellness Coordinator at Newark Beth Israel Medical Center’s Rev. Dr. Ronald B. Christian Community Health and Wellness Center.

That’s one good reason to consider healthier alternatives to traditional side dishes. Other good reasons: These recipes are packed with vitamins and fiber, and use ingredients that are easy to find in winter.

Fallon Dixon and the team at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center offer recipes like the ones below in their annual Healthy &

Happy Holidays cooking class. “People tell us that they make these healthy recipes once, and then the dishes turn into holiday staples for their table,” she says. This year, the holiday cooking class will take place on Nov. 22 from 1 to 3 p.m. and teach participants how to make a delicious, healthy three-course Thanksgiving meal. To register, call 973.926.7371.



RAW BRUSSELS SPROUTS SALAD

Serves 6 (1 cup per serving)

Brussels sprouts can be used in more ways than just roasting and sautéing. This salad is sure to be a healthy favorite this winter, and is full of fiber and vitamins K and C. Pomegranate seeds and pears naturally sweeten the salad without added sugars.

DIRECTIONS:

- In a small saucepan, combine 2 cups of cold water and dry bulgur. Bring to a boil, cover and reduce to medium-low heat, stirring occasionally. Simmer bulgur for 12–15 minutes or until tender. Drain excess liquid and set aside to cool.
- Remove any tough or dried-out leaves from the Brussels sprouts and cut off the stems. Slice Brussels sprouts in half from top to bottom where the stem had been. Lay the Brussels sprouts cut-side-down and begin to shred them by thinly slicing from top to bottom. Gently toss the Brussels sprouts in a large bowl so the layers break apart. Set aside.
- Seed the pomegranate: Keeping the stem intact, score the pomegranate all the way around as you would a peach or avocado, without cutting all the way through. Once scored, twist the pomegranate so it splits into two halves and gently peel back the skin to loosen the seeds. Hold the cut side facing down over a bowl and hit the back of the pomegranate with a wooden spoon until all the seeds come free.
- Add pomegranate seeds, walnuts and pears to the Brussels sprouts and combine. Fluff bulgur with a fork and add to salad.
- In a separate small bowl, whisk together the shallot, oil, vinegar, salt and pepper. Pour over the salad and toss to combine.

INGREDIENTS:

- 1 cup dry bulgur
- 8 ounces Brussels sprouts
- 1 pomegranate
- 1 pear, diced
- ¼ cup walnuts, roughly chopped
- 1 medium shallot, minced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

CRANBERRY SAUCE

Serves 12 (½ cup per serving)

This homemade cranberry sauce is plenty sweet without all the high-fructose corn syrup of the canned variety.



INGREDIENTS:

- 1 package fresh cranberries
- 1 orange
- ¾ cup sugar
- 1½ cups water
- 5 dried figs
- ½ cup dried cranberries
- ½ cup raisins

DIRECTIONS:

- Rinse cranberries and remove stems. Place in saucepot.
- Wash and zest orange. After zesting, cut in half and squeeze out juice. Add zest and juice to saucepot.
- Place saucepot on low heat. Add sugar, water and dried figs. Heat until cranberries begin to burst; add additional water if necessary.
- Add dried cranberries and raisins. Turn off heat and let sit until fruit is plumped.

Healthy & Happy Holidays and other Healthy Living classes are offered at the Rev. Dr. Ronald B. Christian Community Health and Wellness Center, 208 Lyons Avenue. To learn more, call **973.926.7371** or visit www.rwjbh.org/events.

201 Lyons Ave., Newark, NJ 07112

Getting Healthy Together!

CHECK OUT SUPPORT GROUPS, HEALTHY LIVING PROGRAMS AND MORE AT
NEWARK BETH ISRAEL MEDICAL CENTER.

FOR MOMS AND MOMS-TO-BE Maternity Unit Tours

We invite you to visit our facility and experience our commitment to the overall birth experience for our patients. To schedule your tour, call 973.926.7108 or visit www.rwjbh.org/maternity.

Breastfeeding & Infant Care Basics

3–4 p.m., Mondays
Newark Beth Israel Medical Center
201 Lyons Avenue
To register: 973.926.8022

Childbirth Education (4-week series)

**6–8 p.m. Mondays, Oct. 21–
Nov. 11; Nov. 18–Dec. 9;
Dec. 16–Jan. 6**
Newark Beth Israel Medical Center
201 Lyons Avenue
To register: 973.926.8022

EDUCATION AND PREVENTION

**Diabetes Prevention Program
1–2 p.m., Wednesdays**
Discuss ways to help prevent/delay Type 2 diabetes.
Rev. Dr. Ronald B. Christian
Community Health and Wellness Center, 208 Lyons Avenue
To register: 973.926.7371

Ray Murphy Men's Health and Wellness Night

5 p.m. Monday, Nov. 4
Panel Moderator: George Martin, Captain, 1986 N.Y. Giants Super Bowl XXI Champions. Admission is complimentary, but space is limited. To register, visit www.rwjbh.org/nbimenshealth or call 973.926.4255.

Tobacco Cessation Program

10 a.m.–3 p.m., Wednesdays
FREE nicotine patches, gum and lozenges provided.
Rev. Dr. Ronald B. Christian
Community Health and Wellness Center, 208 Lyons Avenue
To register: 973.926.7371

SUPPORT GROUPS

**Lung Transplant
Support Group
2–4 p.m., Wednesday, Oct. 23**
For pre-lung transplant patients, recipients and caregivers.
Newark Beth Israel Medical Center, 201 Lyons Avenue
For information: 973.926.3178

**Heart Transplant
Support Group
6:30–8 p.m., first Thursday
of the month**
Newark Beth Israel Medical Center, 201 Lyons Avenue
For information: 973.926.7205

Learning to Live with Cancer

**1:30–2:30 p.m., third Thursday
of the month**
A general cancer support group.
Frederick B. Cohen, MD,
Cancer Center, 201 Lyons Avenue, Newark
For information: 973.926.7565

ESPECIALLY FOR SENIORS Senior Health and Wellness Center at James C. White Manor

Primary care and health and wellness programs for senior residents of the Newark Housing Authority and the greater Newark community.
516 Bergen Street
For information: 973.622.2703

**Caring for You, Caring for
Me—Caregivers Support
11 a.m.–12:30 p.m.
Wednesdays, Oct. 23 and
Nov. 13**
The Center for Geriatric Health Care, Lower Level
156 Lyons Avenue
To register: 973.926.6771



THE BETH GREENHOUSE FARMERS MARKET

**Thursdays,
11 a.m.–4 p.m.**
Newark Beth Israel Medical Center, ABC Discharge Lobby
201 Lyons Avenue
973.926.7371

JOIN OUR EMAIL LIST!

If you would like to receive **In Good Health**, our monthly e-newsletter, please send an email to nbipr@rwjbh.org. The information provided will be used exclusively for this purpose and will not be shared with any third party.