

Spring 2022

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

# healthy *together*

**STAYING HEALTHY,  
CLOSE TO HOME**

**BREATHE EASIER  
IN HOT WEATHER**

**DOWN 120 POUNDS:  
WHAT FINALLY WORKED**

**CANCER: TOMORROW'S  
TREATMENTS TODAY**



## MESSAGES FROM LEADERSHIP



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

### BARRY H. OSTROWSKY

CHIEF EXECUTIVE OFFICER, RWJBARNABAS HEALTH



“To date, we have administered more than 22,000 doses of COVID-19 vaccines to our physicians, nurses, employees and community members. In addition, during the omicron surge we increased access to booster shots, vaccines and testing for all of our employees and our community. I am proud of the work we are doing to stop the spread of this virus and to keep our employees and community members safe.”

### DARRELL K. TERRY, SR.

PRESIDENT AND CHIEF EXECUTIVE OFFICER  
NEWARK BETH ISRAEL MEDICAL CENTER AND CHILDREN'S HOSPITAL OF NEW JERSEY

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

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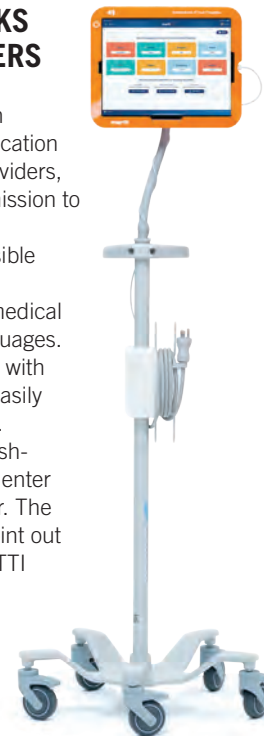
## HEALTH NEWS

### NEW TECHNOLOGY BREAKS DOWN LANGUAGE BARRIERS

A new technology introduced at RWJBarnabas Health breaks down language barriers, eases communication between patients, families and providers, and furthers the health system's mission to overcome health disparities.

Known as MARTTI (My Accessible Real-Time Trusted Interpreter), it provides 24/7 access to certified medical interpreters in more than 250 languages. MARTTI devices resemble IV carts with 12-inch tablets attached and are easily wheeled anywhere they're needed.

MARTTI can help limited English-proficient patients as soon as they enter Newark Beth Israel Medical Center. The patient or a family member can point out their country of origin on the MARTTI screen and choose from a list of languages. For deaf or hard of hearing patients, an ASL medical interpreter is readily available.



### RECOGNITION FOR CANCER CARE

The Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at NBI has been accredited by the American College of Surgeons Commission on Cancer (CoC). The CoC establishes standards to ensure quality, multidisciplinary and comprehensive cancer care delivery in healthcare settings, and collects standardized data from CoC-accredited healthcare settings to measure cancer care quality.



### LIFESAVING ORGAN DONATION

NBI is among a select group of hospitals and transplant centers nationwide recognized by the U.S. Department of Health and Human Services Health Resources and Services Administration for its Platinum Level of achievement in the National Hospital Organ Donation Campaign. Advocates at NBI worked with NJ Sharing Network and Donate Life New Jersey to create outreach and registry campaigns to educate staff, patients and the community.

# healthy *together* contents

SPRING 2022



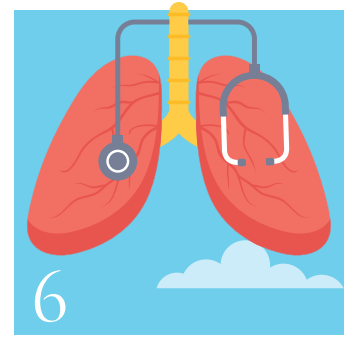
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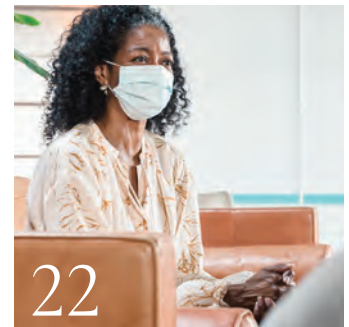
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# Whoever your heart beats for, our hearts beat for you.

## One of the top 15 heart transplant programs in the nation.

Newark Beth Israel Medical Center has a passion for heart health. As the most comprehensive cardiothoracic surgery program in the state, our Heart Failure and Transplant program has performed more than 1,100 heart transplants, including the first in the state of New Jersey. We've been at the forefront of highly-specialized heart care for more than 30 years, improving the quality of life for transplant candidates and recipients, leading groundbreaking research and helping to increase access to transplants. Hope. Health. Hearts. All transplanted here. [Learn more at \*\*rwjbh.org/hearttransplant\*\*](https://www.rwjbh.org/hearttransplant)

## Newark Beth Israel Medical Center

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**RWJBarnabas**  
HEALTH

Let's be healthy together.



# EATING FOR THE EARTH

## SUSTAINABLE EATING BEGINS IN YOUR KITCHEN.

**F**ood waste—edible food that is never eaten and is thrown away—accounts for up to 40 percent of the food supply in the U.S., according to the U.S. Department of Agriculture.

Food manufacturers can greatly reduce waste by limiting excess food production, and grocery stores and restaurants can donate their extra food to charitable organizations.

If you're looking to minimize food waste in your own home, try these tips from Molly Fallon Dixon, Manager, Community Wellness Services, at Newark Beth Israel Medical Center's Reverend Dr. Ronald B. Christian Community Health and Wellness Center:

- Plan recipes that will use up salad greens before they turn brown and milk

before it expires.

- If you have fresh berries or bananas that have gotten soft, blend them up into a smoothie. Stir limp carrots and wilted greens into a soup where texture doesn't matter as much.

- Pay attention to expiration dates on food in your refrigerator, and if you know you won't use it in time, transfer it to the freezer to extend its shelf life by up to six months.

- Label your leftovers with the date they were prepared. The average leftover meal will last for three to four days in the refrigerator, so plan accordingly and pack leftovers for lunches or repurpose them into a new meal.

- Try creative recipes like the one below to use ingredients that might otherwise end up being discarded.



### CARROT TOP CHIMICHURRI

This herby sauce, which originates from Argentina, is perfect for marinating or finishing lean proteins from steak to poultry to fish. Green carrot tops, which would normally be discarded, add a delicious earthy and sweet note to the recipe.

#### INGREDIENTS:

- ¾ cup carrot tops, finely chopped
- ¼ cup parsley, finely chopped
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon crushed red pepper flakes
- ⅛ teaspoon salt
- 1½ tablespoons olive oil
- 1½ tablespoons white wine vinegar

#### DIRECTIONS:

- In a small bowl, combine chopped carrot tops and parsley, garlic, oregano, paprika, red pepper flakes and salt.
- Add olive oil and white wine vinegar, and mix to combine evenly.
- Use as a marinade for steak or chicken before grilling, or top grilled meat, poultry, fish or veggies with fresh chimichurri.



### SUSTAINABILITY AT THE BETH GREENHOUSE

At the Beth Greenhouse, herbs and vegetables are grown with the hydroponic (grown in water) method. The greenhouse:

- Uses 90 percent less water than a traditional farm.
- Uses less space than a traditional farm, making it perfect for an urban environment.
- Can grow as much produce as a five-acre farm.

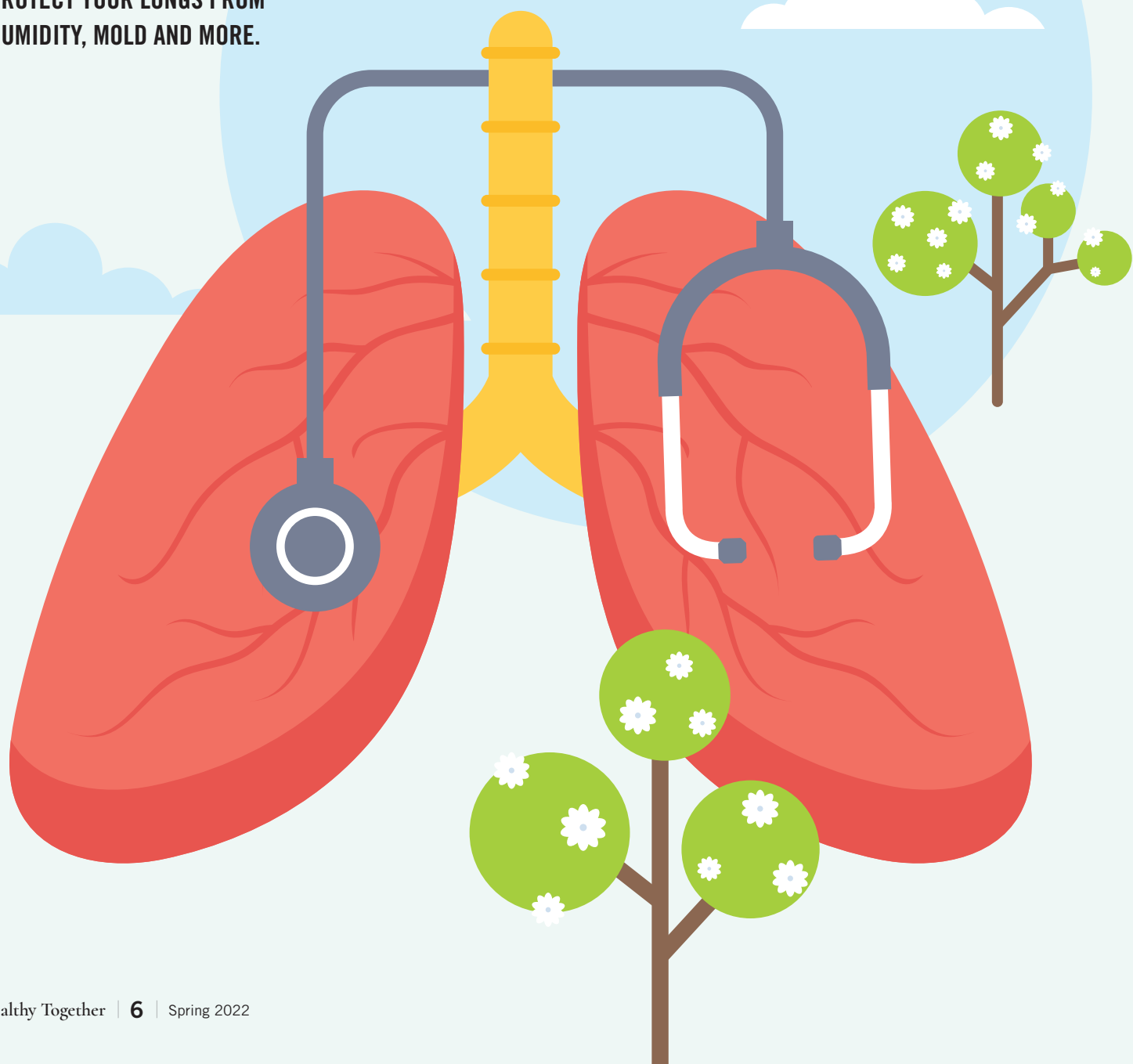
Get the benefit of the Beth Greenhouse at our weekly Farmers Market at the corner of Osborne Terrace and Lehigh Avenue on Thursdays from 11 a.m. to 4 p.m., opening on June 2. For more information or for instructions for online ordering, call **973.926.7371**.



To get more healthy eating ideas and recipes from the Reverend Dr. Ronald B. Christian Community Health and Wellness Center, call **973.926.7371**.

# BREATHE EASIER IN HOT WEATHER

PROTECT YOUR LUNGS FROM  
HUMIDITY, MOLD AND MORE.



When the temperature outside rises, do you feel like it's more difficult to breathe? A growing number of clinical studies show that warmer temperatures can worsen respiratory symptoms, especially for people who live with lung illnesses.

A national study of older Americans showed that each 10-degree increase in daily temperature led to a 4.3 percent increase in same-day emergency hospitalizations for respiratory conditions like chronic obstructive pulmonary disease (COPD) and respiratory tract infections. Another study concluded that breathing in hot, humid air triggers coughing and throat irritation in people with allergic rhinitis (hay fever).



MARC LINDNER, DO

“With heat waves expected to last longer in the coming years, people who live with any kind of pulmonary disease should take precautions during the warmer months to protect their lungs,” says Marc Lindner, DO, a pulmonologist and critical care medicine specialist at the Advanced Lung Disease and Transplant Program at Newark Beth Israel Medical Center.



## COMPLETE CARE FOR BREATHING PROBLEMS

The Advanced Lung Disease and Transplant Program at Newark Beth Israel Medical Center cares for all types of lung conditions, from asthma and COPD to cystic fibrosis and alpha-1 antitrypsin deficiency. The team also performs single and double lung transplant surgeries.

In addition to providing comprehensive lung treatment, the program's care team offers quit-smoking programs, pain management and pulmonary rehabilitation, as well as treatment for pulmonary hypertension and post-COVID-19 syndrome. The program's physicians also perform leading-edge clinical research trials to help improve the quality of life for people with end-stage lung disease.

To learn more about the Advanced Lung Disease and Transplant Program, call **973.926.4430** or visit [www.rwjbh.org/lungtransplant](http://www.rwjbh.org/lungtransplant).

### Why is it harder to breathe in warmer weather?

The reasons are many:

- **High pollen counts.** As plants, trees, grass and weeds shed pollen, these tiny, powdery grains can irritate the airways. If you have asthma, COPD or other respiratory issues, an abundance of pollen can simply make it that much harder to take a deep breath. In New Jersey, pollen counts usually start to rise in April and May and don't start to decrease until July.
- **Higher levels of humidity.** “Breathing in hot, humid air can exacerbate inflamed airways, causing them to constrict even further in people with asthma,” Dr. Lindner says.
- **More mold.** This microscopic organism grows in damp, humid air, whether in your home or floating in the air outside. It can cause an allergic reaction in some people, leading the airways to swell and large amounts of mucus to be produced.
- **Air pollution.** Air pollution is of great concern locally. According to the American Lung Association's State of the Air Report 2021, larger cities often contain higher levels of pollution, and people of lower socioeconomic status are three times more likely to be breathing the most polluted air. Several clinical studies show that outdoor air pollution can lead to a faster decline in lung function and may contribute to the development of COPD.

### What steps can I take to breathe easier in warmer weather?

You can reduce your risk in a number of ways. Among them:

- **Take all medications prescribed by your healthcare provider.** “For example, people with asthma should always take their preventive or controlling medications, and have an asthma action plan so they know what to do in case they have an attack,” Dr. Lindner says.
- **Check pollen forecasts** on local newscasts or online. Limit outdoor time on days with high pollen counts.
- **Check daily air pollution forecasts** at [www.airnow.gov](http://www.airnow.gov). Be on the lookout for “ozone action days,” when hot weather combines with pollution to create high amounts of ground-level ozone.
- **Keep your windows closed** on the hottest and most humid of days, and run the air conditioner if you have one.
- **Reduce the level of humidity inside your home** by using an air conditioner or dehumidifier.
- **Wash your hands** when you come inside so you clean off all pollen.
- **Shower every night** to remove pollen from your skin and hair.
- **Change your clothes** after being outdoors.
- **Wear a face mask** or particle mask (available in hardware stores) to filter out airborne particles on days with high humidity or poor air quality.
- **Use over-the-counter nasal saline sprays** and rinses to counter the effect of allergens.
- **Keep your indoor space clean.** Some studies also link indoor air pollution to increased breathing problems. You can improve indoor air quality by vacuuming regularly and by not smoking.



# HOW TO HELP A CHILD SMILE

**WARMHEARTED DONORS SUPPORT THE CHILD LIFE PROGRAM AT CHILDREN'S HOSPITAL OF NEW JERSEY.**



Spirit of Children sent Halloween care packages for children at Children's Hospital of New Jersey, allowing them to enjoy trick-or-treating, dressing up and other activities.

**O**n Halloween, children who must be in the hospital miss dressing up and having fun.

Enter Spirit of Children, the philanthropic arm of premier costume store Spirit Halloween. For years, the organization has provided Halloween parties and treats for patients at the Children's Hospital of New Jersey (CHoNJ) at Newark Beth Israel Medical Center, as well as at more than 100 hospitals around the country.

The giving spirit of Spirit of Children isn't limited to one holiday, however. The foundation donates generously to support the year-round work of the Child Life program at CHoNJ. Recently, the organization provided CHoNJ with a grant in the record-breaking amount of \$127,776—the 13th donation the group has made to CHoNJ, for a total of \$857,214 over the years.

The Child Life program helps young patients and their families with non-medical treatment and healing through play. Spirit of Children's funds help support a Child Life Specialist presence at the hospital on weekends, art therapy activities, educational equipment, child life education and numerous supplies.

## A TOY WISH LIST

A wide range of donors, many of them individuals, help brighten hospitalized children's days in another way: through a year-round Virtual Toy Drive. Money that is donated through a website, [www.rwjbh.org/NBtoysdrive](http://www.rwjbh.org/NBtoysdrive), is used to purchase developmentally appropriate toys to fulfill children's special wishes. The opportunity for play is a welcome distraction for children and greatly eases the emotional burden of hospitalization.

Donors may also order from the Child Life team's Amazon Wish List, which is linked on the Virtual Toy Drive website, to have new items shipped directly to the hospital.

To support programs and services at Newark Beth Israel Medical Center and Children's Hospital of New Jersey, call **973.926.7018** or visit [www.newarkbethgiving.org](http://www.newarkbethgiving.org).





# 3 FAST FACTS ABOUT CANCER CLINICAL TRIALS

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

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

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

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



HOWARD HOCHSTER, MD

elsewhere.

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

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

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

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

For example, Rutgers Cancer Institute:

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

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

### **FACT #3** Clinical trials are not a last resort.

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

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

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

**\***  
RWJBarnabas Health, together with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provides close-to-home access to the latest treatment options. To learn more, call 844.CANCERNJ or visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).

To learn more about clinical trials at RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, call 844.CANCERNJ or visit [www.cinj.org/clinical\\_trials](http://www.cinj.org/clinical_trials).





# LISTENING TO YOUR HEART

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

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

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



PARTHO SENGUPTA, MD



GARY ROGAL, MD

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

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

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

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

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

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

## THE HEART’S RHYTHM

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

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

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

### NEW TOOLS

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

"A patient can wear a Holter monitor for 24 to 48 hours or even longer," Dr. Rogal explains.

"The reality is, though, that some patients have arrhythmias once every few weeks or even every few months, and a Holter monitor could miss that," he says. "That's the type of thing a smartwatch would pick up."

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

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

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

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

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

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

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

### ARTIFICIAL INTELLIGENCE


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

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

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

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

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



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

*Partho Sengupta, MD*

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

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

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



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



# THE FREEDOM TO BREATHE

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

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

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

needed to help people evacuate.”

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

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

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



THIRUVENGADAM  
ANANDARAGAM, MD



JESUS GOMEZ-ABRAHAM,  
MD

## FINDING A MATCH

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

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

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

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

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

## BREATHING EASIER

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

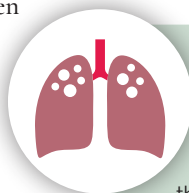
Moyet credits his caregivers at NBI for their guidance and persistence. "After the transplant, I had to learn to walk and move all over again," he says. "My nurses pushed me to keep going, even on days I didn't want to walk. They were dressed in blue; I called them my Blue Angels. They're the sweetest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

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

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



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



## SPECIAL CARE FOR SERIOUS LUNG PROBLEMS

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

### Who is a candidate for a lung transplant?

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

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

### What is life like after a lung transplant?

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

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



## COPING WITH EATING DISORDERS: TIPS FOR FAMILIES

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

# OVERCOMING EATING DISORDERS

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

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

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

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

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

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

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

### GETTING HELP

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

Thanks to its hospital affiliation, the RWJUH Somerset program is

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

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

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

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

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



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

# A BOLD VISION FOR CHILDREN



**Children's Specialized Hospital®**

An RWJBarnabas Health facility

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

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

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

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

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

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

## MAJOR INVESTMENTS

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

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

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

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

To learn more or make a donation to enhance the future for New Jersey's children living with special healthcare needs, visit [www.childrens-specialized.org/transforminglives](http://www.childrens-specialized.org/transforminglives) or write to [foundation@childrens-specialized.org](mailto:foundation@childrens-specialized.org).

At Children's Specialized Hospital, we provide world-class care for children and young adults who face special health challenges across the state of New Jersey and beyond. We treat everything from chronic illnesses and complex physical disabilities, like brain and spinal cord injuries, to a full scope of developmental, behavioral and mental health concerns. We have convenient locations throughout the state: Bayonne, Clifton, East Brunswick, Egg Harbor Township, Hamilton, Jersey City, Monmouth, New Brunswick, Newark, Somerset, Toms River, Union and West Orange.

# TOBACCO RECOVERY AT YOUR FINGERTIPS



## A NEW SERVICE PROVIDES CUSTOMIZED SUPPORT.

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

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

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

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

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

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

### NOT JUST A HABIT

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

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

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

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

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

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



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

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

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



# STAYING HEALTHY, CLOSE TO HOME

**CONVENIENT PRIMARY HEALTHCARE SERVICES ARE AVAILABLE FOR ALL AGES.**



“At Newark Beth Israel, we offer a comprehensive range of medical expertise. If you don’t have a doctor, we have excellent doctors and healthcare providers for you,” says Marilyn Harris, Vice President, Ambulatory Services, at Newark Beth Israel Medical Center (NBI). “We want you to stay well. You don’t have to wait until you need to go to the Emergency Department, and you don’t have to travel far for care. We are here to help.” Patients who receive primary care services at NBI also have seamless access to the medical center’s renowned programs in advanced treatment.

NBI offers the following outpatient services:

## **FAMILY HEALTH CENTER**

**156-166 Lyons Avenue, Newark**

### **LOWER LEVEL (GROUND FLOOR)**

**Beth Prime Care**, 973.926.3535  
Comprehensive primary care and general healthcare services for adults

**Nutrition Counseling Services for Adults**, 973.926.7428  
Adult and pediatric services

### **1ST FLOOR**

**Pediatric Health Center**, 973.926.7300  
Full services for children from birth to 19 years of age

### **2ND FLOOR**

**Adult Health Center**, 973.926.7428  
Comprehensive primary care and general healthcare services

**Family Treatment Center**, 973.926.5212  
Comprehensive services for adults and children infected and affected by the HIV virus

**Travel-Related Immunization Program (TRIP)**, 888.701.TRIP (8747). By appointment only.

**Women’s Health Center**, 973.926.4176  
Comprehensive OB/GYN services

**Women Infant and Children (WIC) Program**, 973.705.3504

## **CHIVIAN DENTAL CENTER**

973.926.7338  
**Newark Beth Israel Medical Center 201 Lyons Avenue, 9th Floor D Building, Newark**  
General and specialty dental services for all ages



NBI provides a wide range of outpatient services at its Family Health Center at 156-166 Lyons Avenue (top photo) and at 50 Union Avenue in Irvington.

## **SERVICES IN IRVINGTON: 50 UNION AVENUE**

**862.339.0005**

- **OB/GYN:** Full range of gynecologic services from adolescence through menopause and beyond
- **Cardiology**
- **Coming soon:** Urology and men’s health

“This beautiful facility, which just opened last year, expands access to healthcare in a prime location in Irvington near major highways and public transportation,” says Marilyn Harris, Vice President, Ambulatory Services, at NBI.

To learn more about primary care, preventive care and advanced treatments offered at Newark Beth Israel Medical Center, visit [www.rwjbh.org/newarkbeth](http://www.rwjbh.org/newarkbeth).





Bariatric surgery patient Dorian Bernard travels frequently for his work as a photographer.

BEFORE

AFTER

# DOWN 120 POUNDS

## HOW WEIGHT LOSS SURGERY GAVE AN IRVINGTON MAN THE TOOLS TO CHANGE HIS LIFE

For most of Dorian Bernard's life, emotions and eating went hand in hand. "My family celebrated everything with food, and we cried with food," says Bernard, 54, an Irvington resident. "I'd say yes to cakes, cupcakes and everything else. The only thing I'd pass on was the cardio."

Those habits led him to a love-hate

relationship with his weight, which fluctuated over the years. When his mom, Connie, developed blood cancer in 2017, Bernard became her primary caregiver. He began masking his sadness with food. That caused his weight to soar and his mood to sink, and left him exhausted.

His lowest point: when he saw his mother's primary care physician,

Hemantkumar Patel, MD, an internal medicine specialist at Newark Beth Israel Medical Center (NBI). By then, his weight had reached a high of 314 pounds.

“Dr. Patel said he didn’t even recognize me,” says Bernard. “He said to me, ‘You know, if you’re considering weight loss surgery, there’s a program here that can help.’”

In his heart, Bernard knew things had gone too far when simple activities like walking with his mother to her oncology appointment at the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at NBI became difficult. “I’d walk with my mom, and I’d get winded. My knees would hurt,” he says. “That had never happened before.”

Even so, he resisted getting surgical help with weight loss. “At first, I thought I should lose weight ‘on my own,’” he says. “But Dr. Patel told me bariatric surgery isn’t cheating; it’s a kick start to help you change your life.”

### THOROUGH PREPARATION

Bernard made an appointment with Alan Saber, MD, Director of NBI’s Bariatric and Metabolic Surgery program, who has performed more than 5,000 bariatric surgical procedures over his 22-year career.

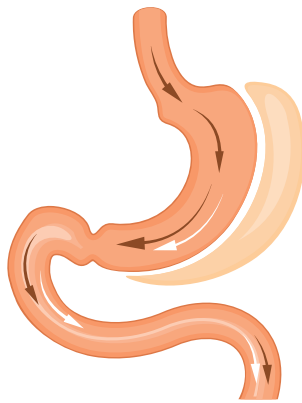
The program includes a six-month preparatory period, during which participants get a full medical workup and psychological evaluation, attend monthly support group meetings and must lose a percentage of their body weight prior to surgery.

“For me, losing that first 15 pounds before surgery was the hardest part,” Bernard says. “I started by switching from soda to water, then I cut down my portion sizes.”



ALAN SABER, MD

Dr. Saber recommended that Bernard undergo sleeve gastrectomy, a minimally invasive procedure that reduces the size of the stomach. “Sleeve gastrectomy works



A sleeve gastrectomy removes about two-thirds of the stomach, leaving a banana-shaped pouch in its place. Patients feel full faster, and the surgery reduces the production of ghrelin, the so-called “hunger hormone.”

through restriction,” Dr. Saber says. “You can only eat about one-third of what you used to eat before you get full.”

One of the biggest benefits of bariatric surgery is how it helps burn visceral fat, a type of fat that forms around organs like the heart, liver and kidneys, and isn’t visible to the naked eye.

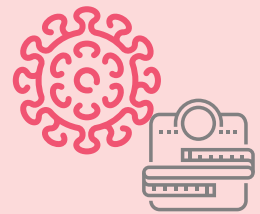
“With bariatric surgery, you ingest fewer calories, so the body begins to burn that visceral fat,” Dr. Saber says. “That’s important, because visceral fat is associated with 35 related medical problems, including Type 2 diabetes, high blood pressure, sleep apnea and high cholesterol.”

### GETTING HIS GROOVE BACK

In August 2019, Bernard underwent successful sleeve gastrectomy surgery, performed by Dr. Saber. About six months later, the COVID-19 pandemic hit, and Bernard used stay-at-home orders to his advantage. He started picking up the exercise equipment he already had at home, including a treadmill, tension bands and weights.

“I’d sit on an exercise ball and do crunches while watching Wendy Williams as a way to work my core,” says Bernard, a freelance photographer who formerly worked as a producer for several daytime TV talk shows.

Once stay-at-home orders were relaxed, Bernard started running—and he hasn’t stopped. “Today, I can run two miles in 18 minutes—I’m killing it!” he says. He also adjusted his diet, with support from Andrea Jobst, MS, RD, Bariatric Nutrition Specialist at NBI. “She told me how I could mix peanut butter and dates, and it would taste just like a



## COVID-19: A WEIGHT LOSS WAKE-UP CALL

According to the Centers for Disease Control and Prevention, being obese increases the risk of developing severe illness and being hospitalized from COVID-19.

“So please lose weight if you need to,” says bariatric surgeon Alan Saber, MD. “It will improve your outcome so you can recover from COVID-19 should you get it.”

Today’s bariatric (weight loss) procedures are minimally invasive, creating shorter recovery times. “Our team at Newark Beth Israel performs sleeve gastrectomy safely in 45 minutes, and 98 percent of our patients spend only one night in the hospital,” Dr. Saber says. Some can even go home the same day.

In addition to sleeve gastrectomy, the medical center’s Bariatric and Metabolic Surgery Institute offers Roux-en-Y gastric bypass surgery and bariatric revision surgery. “Our complication rates are way below the national average, and we have excellent outcomes,” says Dr. Saber.

Snickers bar,” he says. “She was right. It’s one of my go-to snacks.”

As of January 2022, Bernard had lost 120 pounds. Even better, his self-confidence has soared. “My weight had stressed me out,” he says. “Now, when I’m feeling funky, I go for a run instead of running to a drive-thru.”

And he encourages others to follow his lead. “You have to want it,” he says. “Dr. Patel was right—bariatric surgery isn’t cheating. It’s a head start. But afterward, you have to make healthy choices every day to make it work for you.”

To learn more about weight loss surgery at Newark Beth Israel Medical Center, call **973.926.7000** or visit **www.rwjbh.org/weightloss**.



# 'I TAKE NOTHING FOR GRANTED NOW'

## ADVANCED CARDIAC TREATMENT LEAVES A TEACHER WITH A GRATEFUL HEART.

**T**wo-and-a-half years ago, Dana Zika was a busy, healthy 41-year-old with a young son, a full-time job as a kindergarten teacher and a part-time job as a hostess at the Kenilworth Diner. Then, as she was finishing her shift at the diner one night, her heart stopped.

"It was the day after Thanksgiving, 2019, and I hadn't been scheduled to work that night; I was filling in for a coworker," she recalls. "I wasn't feeling great. I started to sweat for no reason. I just wanted to finish cleaning up and go home. I sat down on a bench to chat

with my boyfriend, who had come in after work for dinner, and a coworker. That's the last thing I remember."

As she was sitting at the table, she suddenly slid from the bench to the ground, where she lay without moving. Her boyfriend and coworkers soon realized that she wasn't breathing and frantically called 911.

A series of very fortunate coincidences combined to save Zika's life.

"I really think everything aligned that night," she says. "I wasn't alone at home, but in a public place. My boyfriend was

there to start CPR; he was the only one in the diner who knew how to do it. Also, the ambulance happened to be very close by and was at the diner in minutes. And the police officer who arrived to use the AED [automated external defibrillator] machine was the one who trains other officers in its use. He knew exactly what he was doing."

### **A RARE DISORDER**

By the time Zika arrived at Newark Beth Israel Medical Center (NBI), the defibrillator had shocked her heart into



## HOW TO SAVE A LIFE

Dana Zika was lucky to have people trained in cardiopulmonary resuscitation (CPR) and the use of an automatic external defibrillator (AED) nearby when she needed them. To learn about community classes in cardiac first aid offered by RWJBarnabas Health, visit [www.rwjbh.org/CPR](http://www.rwjbh.org/CPR).

Electrophysiology at NBI and a member of RWJBarnabas Health Medical Group. “She had a normal echocardiogram, normal cardiac MRI and a normal CT angiogram [a scan of the coronary arteries] showing that her heart was structurally normal.”

The diagnosis: Zika has acquired Long QT syndrome. “When she’s not on specific medications, she doesn’t have arrhythmia related to Long QT, but certain medications make it more likely,” explains Dr. Roelke. In Zika’s case, the arrhythmia was instigated by a drug she’d been taking for nerve pain for several years. Zika realized that the dizzy spells she’d been experiencing on and off had been the first symptoms of the problem.

Zika stayed at NBI for almost two weeks. During that time, she had a defibrillator implanted under the skin of her left arm. If her heart ever started beating abnormally or stopped again, the defibrillator would shock it back into regular rhythm.

Zika went back to work, school and her then 12-year-old son, Aiden. She thought her ordeal was behind her. But she had one more cardiac challenge to face.

### AN UNRELATED EPISODE

In early 2021, Zika was again working at the diner when she realized her heart was beating extremely fast. All of a sudden, her defibrillator went off. “My

whole body jerked backwards, my knees buckled,” she recalls. She was rushed to the emergency department. There, Zika’s heart rate measured 228 beats per minute (normal resting heart rate is 60 to 100).

While doctors were examining her, they discovered that her rapid heartbeat had been triggered by another cardiac abnormality, called supraventricular tachycardia (SVT), which was unrelated to Long QT syndrome. “SVT is a completely separate cardiac problem,” Dr. Roelke explains. “It’s an abnormal heart rhythm condition caused by an extra electrical pathway in the heart.”

To deal with the condition, Dr. Roelke recommended that Zika have a cardiac ablation to eliminate the extra pathway.

The surgery took place this past October. She’s now recovered and back to her usual activities and work schedule. She has not had any further shocks from the defibrillator. “Dr. Roelke says the device is my insurance policy,” she says. With it, she can look forward to a normal life expectancy.

“I take absolutely nothing for granted now,” she says. “I could care less about material things. A great day for me is a normal routine: waking up, going to work, sitting in my backyard with my family, watching my son play in the school band. I appreciate so much more now.”

With her own health under control, Zika has talked to coworkers and friends about getting trained to do CPR and to getting more defibrillators into public spaces. And she encourages people to always listen to their body and to follow up with a doctor when something feels “off,” even if they think it’s something minor or inconsequential.

“Everyone should be required to take a CPR course and be trained to use an AED,” she says. “It’s so simple—a few hours out of your time and you could save someone’s life.”

Dana Zika at home with her partner, David Lucarello, son Aiden and dog Sheldon.

restarting, and her heart function had returned to normal.

“Her initial EKG showed a prolonged QT interval [a measurement of the electrical system], which normalized after stopping one of her medications. Otherwise, her cardiac workup was pretty unremarkable,” says cardiologist Marc Roelke, MD, Director of

Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Newark Beth Israel Medical Center, call **888.724.7123** or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).



consultants are integrated directly into primary care offices so referrals can be timely and seamless. In December, with funding from The Nicholas Group, the IBH team began to refine its approach by adopting the Cherokee Model of Integrated Behavioral Health, first developed at Cherokee Health Systems in Tennessee and now being used nationwide.

### PREVENTIVE STEPS

By taking a wellness-first approach and assessing the whole person, the Cherokee model opens up care for more patients because a diagnosis is not needed in order to treat, Dr. Budinick explains.

At appointments, primary care providers routinely inquire about the patient’s physical and behavioral health, which can include mood, energy, sleep and the ways they deal with stress. A behavioral consultant is on hand to provide assessments, interventions and referrals for patients exhibiting any of a wide range of behaviors. These can range from sleep hygiene and medication adherence to suicide risk and substance abuse.

“With this approach, you don’t have to wait until someone has a pathologized illness before you start addressing the conditions that are affecting their healthcare outcomes,” Dr. Budinick explains. “The Cherokee model is about looking at behavior that will keep you well.

“We’re never going to eliminate illness or trauma,” she says. “But if you can get prevention in place, you’re shoring up the resiliency of the individual so that the impact of an illness might not be as great.”

# MIND, BODY AND WELLNESS

## BEHAVIORAL CONSULTANTS AND PHYSICIANS FORM A POWERFUL PARTNERSHIP.

When it comes to overall health, how we behave—what we eat and drink, how physically active we are and how we relate to other people—has a dramatic effect on both body and mind. That’s why behavioral consultants with the Integrated Behavioral Health (IBH) program at Newark Beth Israel Medical Center (NBI) work alongside physicians.

“When you consider some of the most common chronic conditions, like obesity, diabetes and asthma, there’s an emotional component to the behaviors that underlie them, something causing some level of angst or discomfort,” explains Laura Budinick, PsyD, Chief Administrative Officer and Vice President of Behavioral Health at

NBI. “How the patient deals with that emotional component can either benefit treatment or create a problem.”

The IBH program, which has been in place at NBI since 2016 thanks to a grant from the Healthcare Foundation of New Jersey, provides needed behavioral help in a convenient and accessible way.

“Traditionally, the model of care has always involved patients working with their treating physician, and that physician referred them out to other specialists as needed,” Dr. Budinick says. Too often, that resulted in a disconnect in the patient’s treatment, she explains—either the patient didn’t follow through, or the different providers didn’t coordinate care.

With IBH, however, behavioral

To learn more about behavioral health services available at Newark Beth Israel Medical Center, call **973.926.3465** or visit [www.rwjbh.org/newarkbeth](http://www.rwjbh.org/newarkbeth).





Dr. Jacoby meets with patients at the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center.

# ‘WE WORK AS A TEAM TO TREAT CANCER’

## WHAT THE NEW MEDICAL DIRECTOR OF THE COHEN CANCER CENTER WANTS PATIENTS TO KNOW

“At the Cohen Cancer Center, we all work together to deliver the highest quality of personalized cancer care,” says hematologist/medical oncologist Sari Jacoby, MD, who was recently appointed Medical Director of the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center (NBI).

“We have a multidisciplinary team of nationally recognized experts in hematology, surgical, medical and radiation oncology as well as patient navigators, genetic counselors, social workers, dietitians, lymphedema specialists and even music and exercise therapists,” says Dr. Jacoby.

Because of the RWJBarnabas Health

partnership with Rutgers Cancer Institute of New Jersey—the state’s only National Cancer Institute-Designated Comprehensive Cancer Center—patients at the Cohen Cancer Center have access to the most advanced treatment options, including clinical trials, novel therapies, precision medicine and immunotherapy, Dr. Jacoby notes.

“Our surgeons utilize the most advanced techniques, including minimally invasive surgery. However, we are just as committed to caring for your emotional needs,” she says. “We offer support groups and services that address your individual needs throughout the different stages of your treatment journey. Our team works tirelessly to ensure that you receive the best possible quality of life during and after treatment. We thank our patients for entrusting their cancer care to the Cohen Cancer Center.”

Dr. Jacoby, whose clinical interests lie in gastrointestinal malignancies and complex blood disorders such as

## IS A CANCER CLINICAL TRIAL RIGHT FOR YOU?

Clinical trials are a way for patients to get cutting-edge treatments. Cancer patients at the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center have access to more than 200 clinical trials through the RWJBarnabas Health partnership with Rutgers Cancer Institute of New Jersey—the state’s only NCI-Designated Comprehensive Cancer Center. To learn more about clinical trials and whether you might be a candidate, call **844.CANCERNJ**.

hemophilia and sickle cell disease, is a member of the American Society of Hematology and the American Society of Clinical Oncology.

## A NEW ROLE

As Medical Director of the Cohen Cancer Center, Dr. Jacoby succeeds Alice Cohen, MD, Section Chief of Hematology at NBI, who had served in that role since 1998.

Dr. Cohen, who began her career at NBI in 1987, has also served as the Director of the Comprehensive Hemophilia and Thrombosis Center. She will continue to devote her clinical practice to the study of blood disorders (hemophilia, bleeding disorders, thrombosis, sickle cell disease, anemias, breast cancer, myeloproliferative disorders) and, through the Central-Northern New Jersey Sickle Cell Network, will work to improve the care of children and adults with sickle cell disease.

**RWJBarnabas Health and the Frederick B. Cohen, MD, Comprehensive Cancer and Blood Disorders Center at Newark Beth Israel Medical Center, together 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 options. For more information, call 844.CANCERNJ or visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).**



ALICE COHEN, MD



SARI JACOBY, MD

# Getting Healthy Together!

When in-person meetings can't happen, we can still help. Newark Beth Israel Medical Center is ready to meet you virtually for a telehealth appointment, consultation or support. Below are some of our in-person and virtual support groups and educational programs. To learn about more of our programs, visit [www.rwjbh.org/NBlevents](http://www.rwjbh.org/NBlevents).

## Seasonal Eats (Virtual)

**Mondays, 1 p.m.**

Simple recipes using local, farm-fresh food. To register and receive log-in information, call **973.926.7371**.

## Healthy Kids in Hannah's Kitchen (Virtual)

**Tuesdays, 4:30 to 5:30 p.m.**

Healthy cooking class for ages 8–12 (adult supervision required). To register and receive log-in information, call **973.926.7371**.

## Healthy Lifestyles (Virtual)

**Thursdays, 1 to 2 p.m.**

Nutrition, exercise and healthy living information for all ages. To register and receive log-in information, call **973.926.3312**.

## SUPPORT GROUPS

### Bariatric Surgery Support Group

**Second Wednesday of the month, 12 to 1 p.m.**

For more information, email [andrea.jobst@rwjbh.org](mailto:andrea.jobst@rwjbh.org).

### Learning to Live with Cancer (Virtual)

**Third Thursday of the month, 1:30 to 2:30 p.m.**

Offered by the Frederick B. Cohen, MD, Cancer Center. To register and receive call-in information, call **973.926.7976**.

### Lung Transplant Support Group

**First Thursday of the month, 2 to 3 p.m.**

A variety of topics presented by a member of the Advanced Lung Disease and Transplant Program team. To register and receive call-in information, call **973.926.2280**.

## FOR NEW AND EXPECTING MOTHERS

### Breastfeeding Support

**Mondays, 12 to 1 p.m.**

International Board-Certified Lactation Consultants provide guidance and answer your questions. Register at [www.rwjbh.org/breastfeedingsupport](http://www.rwjbh.org/breastfeedingsupport).

### Perinatal Mood and Anxiety Disorders

**Wednesdays, 11 a.m. to 12 p.m.**

One of the most common complications of childbirth is anxiety or feelings of anger or sadness. Join our discussion, led by a perinatal certified specialist. Register at [www.rwjbh.org/PMADsupport](http://www.rwjbh.org/PMADsupport).

### Women's Health Maternity Tours

Offered 7 days a week

**9:30 to 11 a.m., 4 to 6 p.m. and 8 to 9 p.m.**

Visit a private maternity suite, Postpartum and Labor/Delivery Units. RSVP required. Call **973.926.7108**.

### Beth Babies Breastfeeding Class

**Tuesdays, 1 to 2 p.m.**

Receive skilled guidance from lactation counselors. To register and receive call-in information, email [janine.marley@rwjbh.org](mailto:janine.marley@rwjbh.org).

## SAVE THE DATE

### WOMEN'S HEALTH DAY

**Saturday, June 4**

Newark Airport Marriott

A program focused on empowering women, promoting healthy lifestyles and inspiring wellness. For more information, visit [www.rwjbh.org/NBlevents](http://www.rwjbh.org/NBlevents).



## FARMERS MARKET

### Seedling Sale

**Thursday, May 12**

**11 a.m. to 4 p.m.**

Tomatoes, peppers, cucumbers, basil, parsley, lettuce mixes and more to start your home garden

### The Beth Greenhouse

Corner of Osborne Terrace and Lehigh Avenue, Newark

**Opens Thursday, June 2**

**11 a.m. to 4 p.m.**

Now accepting SNAP, WIC and Senior Farmers Market Vouchers

## SENIORS

### Home Friend Program

FREE light chore services to qualified seniors, age 60 and older, and to disabled adults in Newark's South Ward or in Irvington who do not have Medicaid. For more information or to see if you qualify, call **973.926.6771**.

### Senior Wellness Connection (Virtual)

**Mondays, 10 to 11 a.m.**

Focused on health and longevity for adults 55 and over. To register and receive call-in information, call **973.926.3312**.

