

Winter 2023

A Publication of  
**ROBERT WOOD JOHNSON  
UNIVERSITY HOSPITAL HAMILTON**

# healthy *together*

**SECRETS OF  
AGING WELL**

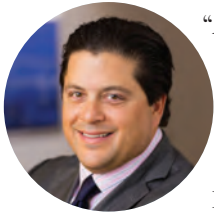
**HEART TESTS  
FOR EVERY BODY**

**NEUROLOGY  
CARE:  
'THEY SAVED  
MY LIFE'**

An elderly man with glasses and a young boy are looking at a book together. The man is on the left, wearing a brown sweater, and the boy is on the right, wearing a green and blue plaid shirt. They are both looking down at the book, which is open in front of them. The background is a plain, light-colored wall.

**BETTER WOMEN'S HEALTH  
AT EVERY AGE**

## MESSAGES FROM LEADERSHIP



“As we enter into 2023 with a renewed sense of purpose, accomplishment and optimism, it’s a great time to focus on getting and staying healthy by making preventive care a priority. And we’re making it easier for you to do all of these things at RWJBarnabas Health. We’ve welcomed even more nationally recognized clinicians; expanded telehealth;

built ambulatory and satellite facilities so that our patients can receive healthcare closer to home; and we continue to improve, expand and modernize our facilities with state-of-the-art equipment and technology. We wish you the best of health in the New Year.”

### MARK E. MANIGAN

PRESIDENT AND CHIEF EXECUTIVE OFFICER, RWJBARNABAS HEALTH



“At Robert Wood Johnson University Hospital Hamilton, we do more than treat injuries and illnesses. We provide patients with resources, education and preventive care through a comprehensive network of services, specialties and providers who not only treat patients when they are sick but also provide knowledge and support toward

improving individuals’ overall health and wellness goals.”

### RICHARD FREEMAN

PRESIDENT AND CHIEF EXECUTIVE OFFICER, ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL HAMILTON

## Robert Wood Johnson University Hospital Hamilton | RWJBarnabas HEALTH

1 Hamilton Health Pl., Hamilton Township, NJ 08690 | 609.586.7900

### CONNECT WITH US ON

- @RWJHamilton
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- [www.linkedin.com/company/rwjh-hamilton](http://www.linkedin.com/company/rwjh-hamilton)

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## HEALTH NEWS



At the Gala were (from left): Nina Melker, Chair, Board of Trustees; Jeff Hurley, President and General Manager, Trenton Thunder; Diane Grillo, Vice President, Health Promotion; Edward A. Wingfield, MD, Medical Staff President; and Richard S. Freeman, President and CEO.

### A GALA RAISES FUNDS FOR CARDIAC SERVICES

Robert Wood Johnson University Hospital (RWJUH) Hamilton Foundation held its annual Gala at the Stone Terrace by John Henry’s in Hamilton Township in October. Over 250 guests attended, including community members, local partners and hospital employees. In addition to a cocktail hour, dinner, dancing and live musical entertainment, the masquerade-themed event included a silent auction, a spooky, interactive Champagne Wall, a trick-or-treat truck and fun surprises.

During the event, RWJUH Hamilton recognized Diane Grillo, RWJUH Hamilton Vice President, Health Promotion, Community Honoree; Edward A. Wingfield, MD, Physician Honoree; and Jeff Hurley, President and General Manager, Trenton Thunder Baseball Club, Corporate Honoree. The event raised more than \$130,000 to benefit RWJUH Hamilton’s Cardiac Services department.

“The work I do is all about passion and commitment,” Grillo said in her acceptance speech. “My fellow honorees fully understand that, and I congratulate Trenton Thunder, a longtime partner in this community, and Dr. Wingfield for his dedication to delivering the highest-quality cardiac care in the region.”



The “Hamilton Health Place” exhibit space at Hamilton Township’s Oktoberfest 2022.

### CONNECTING WITH THE COMMUNITY

RWJUH Hamilton, RWJBarnabas Health (RWJBH) and Rutgers Cancer Institute of New Jersey teamed up at Hamilton’s Annual Oktoberfest, one of the area’s largest annual events.

Teams welcomed visitors stopping at 13 “Hamilton Health Place” tables providing actionable information, distributing resources and offering ways to connect on social media.

The crowd enjoyed RWJBH’s Wellness on Wheels bus, a walkthrough inflatable colon promoting cancer screenings and an EMS ambulance. RWJUH Hamilton also sponsored seven wagons that transported guests to and from the parking areas.



# healthy *together* contents

WINTER 2023



**2. WELCOME LETTER.**

A community update from our leadership.

**4. CLASSES FOR HEALTHY LIVING.**

A roundup of health, education, screening and support programs.

**8. CONNECTING IN THE COMMUNITY.**

Programs offer fun and provide vital support.

**9. PREVENTING SUICIDE.**

What you say and do may help save a life.



**10. CARDIO VS. STRENGTH**

**TRAINING.** Which is better for heart health? Resolving an old debate.

**11. HEMATOLOGY DREAM TEAM.**

Meet the world-class team of doctors treating blood disorders and cancers.

**12. BETTER WOMEN'S HEALTH AT EVERY AGE.**

From adolescents to seniors: what every woman needs to know.

**14. SPECIALTY OUTPATIENT CARE FOR KIDS.**

Children's Specialized Hospital offers a range of services at 14 locations.

**15. BEYOND BED-WETTING.** Treating urologic conditions in children.

**16. BANKING ON LIFE.** How, where and when to donate blood this winter.

**17. HEART TESTS FOR EVERY BODY.**

Cardiac checkups that can protect your health and even save your life.

**18. SPECIALIZED CARE FOR OLDER ADULTS.** How a geriatric physician can help you stay healthy and independent.

**20. SCORING TOP NURSING HONORS.** Achieving Magnet status highlights top-quality patient care.

**22. 'THEY SAVED MY LIFE.'**

A team of experts diagnoses and treats a woman's brain tumor.

# Classes for Healthy Living

All programs are IN PERSON unless otherwise noted. In-person classes will be limited in size and held at the RWJUH Hamilton Fitness and Wellness Center. Attendees will be required to bring a mask and practice social distancing to help ensure the safety of everyone present. For more information or to register, call the Health Connection at 609.584.5900 or visit us online at [www.rwjhb.org/events](http://www.rwjhb.org/events).



## 50+ Bridge Club

**Mondays and Fridays,  
noon to 3 p.m.**

Join us if you have basic knowledge of the game and point system.

## 1st Saturday Walks: Walking in Nature—A Prescription for Better Health

Come discover the Abbott Marshlands with a knowledgeable guide. Each 1st Saturday Walk will explore a different part of this rich and diverse natural area. Guides and locations will vary so that all marshland trails will be explored during the year. For meeting times, location, trails and cancellation information, go to <https://abbottmarshlands.org>.

## Heart Disease Prevention: Congestive Heart Failure

**Tue., February 7; 1 to 2 p.m.**

Connie Mocerri, MSN, RN, AGNP-C, Director of Disease Management, and Ann Mancuso, MSN, RN, CHF, Heart Failure Program Coordinator, will provide an overview of this disease, including prevention and treatment.

## Over-the-Counter Hearing Aids FAQ: What You Should Know

**Wed., February 8; 10 to 11 a.m.**

Get the facts on the latest in over-the-counter hearing aids. Learn the facts and get your questions answered by Dr. Lorraine Sgarlato, AuD, ABA, a clinical audiologist with over 40 years of experience in the field of hearing science.

## Keeping Your Mind Sharp

**Thu., February 16;  
1 to 2 p.m.**

This lecture covers the basics of why our brains change and provides strategies for improving memory to keep our brains top-notch. Presented by Sarah Masco, OTD, OTR/L, CLT-LANA

## Fall Recovery Day

**Wed., February 22; 10 to 11 a.m.**

Ketki Vyas, DPT, LANA, Senior Physical Therapist, will provide insight on the dynamics of recovering from falls.

## The AARP Driving Course

**Mon., March 6 & April 3;  
9 a.m. to 3 p.m.**  
Be a safer, better driver. Most insurance companies will lower your premium with a completion certificate. Bring your NJ or PA driver's license. Fee: \$20 for AARP members presenting a valid AARP card; \$25 for nonmembers. Cash or check only to AARP. Call 609.584.5900 for fee and information.

## Hearing Aids vs. Over-the-Counter Hearing Aids: All You Need to Know

**Wed., March 8; 10 to 11 a.m.**

"Are over-the-counter hearing aids for me?" "What are the differences between OTC and prescription-based hearing aids?" "Will my insurance pay for hearing aids?" Join Lorraine Sgarlato, AuD, ABA, as she answers your questions about all types of hearing aids.

## 6 Signs That You Should Visit a Hearing Care Professional

**Wed., March 22;  
10 to 11 a.m.**

Hearing loss isn't the only reason you should visit a hearing care professional.

Find out the six reasons to see an audiologist. Presented by RWJBarnabas Health audiologist Lorraine Sgarlato, AuD, ABA, and Donna Grant, AuD, Oticon Inc.

## Take Control of Your Health/Chronic Disease Management

**Wed., March 22 & 29; April 5,  
12, 19 & 26; 10 a.m. to noon**

Stanford University's Chronic Disease Self-Management Program (CDSMP) is a cost-effective, evidence-based health promotion program for people with chronic illness. CDSMP is a six-session workshop designed for people with any ongoing health condition, such as arthritis, diabetes, heart disease and similar conditions. During the course, participants will learn how to problem-solve and set goals, as well as gain relaxation techniques to help manage chronic conditions. The interactive curriculum will address topics such as pain and fatigue management, dealing with difficult emotions, effective communication, medication management, physical activity, nutrition and more. It is expected that participants will attend all six classes.

## Does Ringing in Your Ears Drive You Crazy?

**Wed., April 5; 10 to 11 a.m.**

Some 25 million Americans suffer from tinnitus and sound sensitivity. Join Lorraine Sgarlato, AuD, ABA, as she discusses the phenomenon of tinnitus and sound sensitivity syndrome along with various treatment options for relief.

## Orthopedic Open House: Joint Replacement

**Wed., April 5; 6:30 to 8 p.m.**

Discover the latest advances in knee and hip replacement surgery. Learn how the Center for Orthopedic & Spine Health and our rehabilitation team prepare you for a successful joint replacement. Presented by Arjun Saxena, MD,



## Spring Mini Medical School: An 8-Week Series

**Tuesdays, March 7, 14, 21 & 28;**

**April 4, 11, 18 & 25; 6 to 7:30 p.m.**

- **Week 1 (March 7): Geriatric Medicine**  
Sarah Ali, MD, focuses on the specific needs and concerns for adults age 65+.
- **Week 2 (March 14): MRI Conference**  
Learn to decipher MRIs with Michael Duch, MD, board-certified orthopedic surgeon, fellowship trained in sports medicine.
- **Week 3 (March 21): Why Time Matters: An ER Perspective**  
Lasanta Horana, MD, Chair and Medical Director of Emergency Services
- **Week 4 (March 28): Dermatology**  
Melissa Przemieniecki, APN-C
- **Week 5 (April 4): Complementary Medicine**  
Patricia McDougall, BSN, RN, Integrative Therapies Nurse, Reiki Master/Teacher
- **Week 6 (April 11): Parkinson's Disease**  
Jill Giordano Farmer, DO, MPH, Director of the Parkinson's Disease and Movement Disorders Program at Global Neurosciences Institute
- **Week 7 (April 18): Keeping the Calm During the Storm**  
Wendy Jones, RN
- **Week 8 (April 25): Travel Medicine**  
F. Javier Villota, MD, Medical Director, Occupational Medicine, Corporate Health and Medicine, Medical Director of Mini Medical School

MBA, a fellowship-trained, board-certified orthopedic surgeon; Maureen Stevens, PT, DPT, GCS, Cert MDT; and Courtney Fluehr, PT, DPT. A light dinner is included.

## Social Media: It's Complicated

**Thu., April 13; 1 to 2 p.m.**

Is it real life or just an escape

from reality? Why we shouldn't let social media be influencers of our lives.

## Diabetes Q&A

**Wed., April 19; 2 to 3 p.m.**

This informative session with Shesha Desai, PharmD, RPh, BC-ADM, will bring clarification to questions you may have about diabetes.



## MEDICAL ADVISORY PANEL MEMBERS

The following physicians and experts provide guidance and expertise in developing our community health education programs.

**Richard Freeman**, President and CEO

**Seth Rosenbaum, MD, MMM, SVP,**  
CMO, Infectious Disease

**F. Javier Villota, MD,** Internal &  
Occupational Medicine; Chair, Medical  
Advisory Committee

**Diane Grillo, MSM,** VP, Health Promotion

**Joan Bercari, VP,** Quality

**Sara Ali, MD,** Internal Medicine / Geriatrics

**Leslie Adelman Banks,** Fitness &  
Wellness Center / Managing Partner

**Anjali Bhandarkar, MD,** Internal  
Medicine

**Gurvan Blackman, MD,** Interventional  
Radiology

**Sean Bradley, DMD,** Oral & Maxillofacial  
Surgery

**Kunali Dalal, MD,** Gynecology

**Michael Duch, MD,** Orthopedics

**Firas Eladoumikhachi, MD,** Oncology /  
Breast Surgery

**Jill Giordano-Farmer, DO, MPH,**  
Neurology

**Jarad Fingerman, DO,** Urology

**Dorota Gribbin, MD,** Physical Medicine &  
Rehab / Pain Management

**Zakaria Hakma, MD,** Neurosurgery

**Joshua Hornstein, MD,** Orthopedics

**Sarah King,** Director, Rehabilitation  
Services

**Kevin F. Law, MD,** Critical Care /  
Pulmonary / Sleep Medicine

**Marc Levine, MD,** Orthopedic Spine  
Surgery

**Kenneth M. Liebman, MD,** Neurosurgery

**Matthew Lynch, MD,** Plastic &  
Reconstructive Surgery

**Biagio Manna, DO,** Thoracic Vascular  
Surgery

**Shivaprasad Marulendra, MD,**  
Gastroenterology

**Patti McDougall, RN,** Holistic  
Coordinator

**Likhitha Musunuru, MD,** Family Medicine

**Rao S. Pasupuleti, MD,** Neurology

**Adam Redlich, MD,** Sports Medicine

**Anthony Ricketti, MD,** Allergy &  
Pulmonology

**Ragui Sadek, MD,** Bariatric Surgery

**Reza Shah, DO,** General / Vascular Surgery

**Sherry L. Smith,** Director, PR & Marketing

**Brian Weiner,** Director, Community  
Education

**Edward Wingfield, MD,** Cardiology

**Kim Zambito, MD,** Hand Surgery



## BODY NUTRITION, FITNESS & WELLNESS

### Dance It Out!

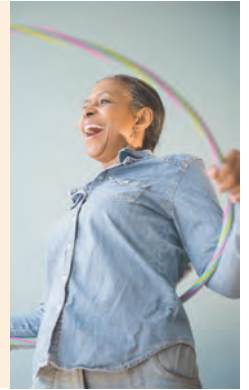
**Mon., February 20 & April 10; 1 to 2 p.m.**

When in doubt, dance the stress out. No experience needed. All ages welcome.

### Color Me Hoopy! Hooola Hoop for Fun and Fitness!

**Thu., March 16; 12:30 to 1:30 p.m.**

Shamrock your core! Yes, you can hula-hoop. It's much easier to find your rhythm and flow using a "grown-up"-size hoop. Learn skills and techniques and have a lot of fun! Hula hoops provided. Fee: \$15. Angela Reitter, certified Hoop Love Coach and Hooola-Fit instructor



## SPIRIT HOLISTIC HEALTH

### Reiki Share

**Wed., February 22, March 22 & April 26; 6:30 to 8:30 p.m.**

Have you been Reiki-certified (at any level)? Come share the gift of Reiki with others. Give a session, get a session. Bring a sheet and small pillow. Fee: \$5. Patti McDougall, BSN, RN, Integrative Therapies Nurse, Reiki Master/Teacher

### Reiki Level II Certification

**Sun., February 26,  
10 a.m. to 4 p.m.**

To deepen the effect and experience of Reiki, students learn the use of the three symbols and how to access Reiki for distance healing. Class is limited to six participants, allowing plenty of time for practice. Prerequisite: Reiki I certification. Fee: \$200. Patti McDougall, BSN, RN, Integrative Therapies Nurse, Reiki Master/Teacher

### Explore Creating Mandalas

**Tue., March 7; 6:30 to 8 p.m.**

Experience the mindful process of creating a mandala—a complex, usually circular design—using an assortment of basic art materials. You do not need any artistic ability, just an open mind! Fee: \$15. Sarah Bernotas, MPS, Art Teacher/Therapist

### Explore Past Life Regression

**Tue., March 28; 6:30 to 8 p.m.**

The concept of reincarnation is a timeless and enduring belief that intersects many cultures and faiths. This program explores the nature of past life and the many benefits of past life regression therapy. Join us for an enlightening discussion and a meditation journey designed to help you tap directly into your past life memories.

### Mindfulness Meditation for Beginners

**Wed., February 15, March 15 &  
April 19; 1 to 2 p.m.**

Calm your anxious mind and tense body with the relaxing and healing practice of mindfulness meditation. No experience necessary. Patti McDougall, BSN, RN, Integrative Therapies Nurse

### HealthRhythms® Drumming Circle

**Wed., February 15, March 15 &  
April 19; 7 to 8 p.m.**

Join our drumming circle to help drum your cares away. This evidence-based program is shown to reduce blood pressure, calm stress and increase the fun in your life. Drums provided. Fee: \$15. Mauri Tyler, CTRS, CMP

### Private Reiki Sessions

**Tue., February 21, March 21 & April 18; 3 to 6 p.m., by appointment**

Enjoy the profound relaxation of a private Reiki session. Reiki is a form of energy medicine to help relax the body and soothe the soul. Fee: \$60 per hour. Patti McDougall, BSN, RN, Integrative Therapies Nurse, Reiki Master/Teacher

Fee: \$15. Michele Granberg, MA, CPLRT

### Using Crystals for Emotional Well-Being

**Thu., April 6; 6:30 to 8:30 p.m.**

Crystals are a gift from Mother Earth and hold sacred healing properties. Learn about crystals that offer soothing energy to help regain emotional balance and support positive well-being. Fee: \$15. Donna Sweeney, Integrated Energy Therapy Master/Teacher, Reiki Master

### Real Self-Care for All Caregivers

**Tue., April 18; 6:30 to 8:30 p.m.**

Whether caring for aging loved ones, for children or for clients, we can't truly care for others until we care for ourselves. Self-care isn't selfish—it's essential. Fee: \$15. Michelle Gerdes, Princeton Doula Center, YT200



### Holistic Health Fair

**Sun., April 16; 11 a.m. to 3 p.m.**

A FREE wellness community event offers incredible healing, uplift and transformation! Explore what's new in holistic health, mindfulness and spiritual growth. Learn from the finest holistic experts and practitioners, and enjoy featured vendors, mini sessions, workshops, demonstrations and guest speakers.

# Classes for Healthy Living



## YOU SUPPORT GROUPS

### Peripheral Neuropathy Support

Call 609.587.7215 for assistance or information.

### Bereavement Support

Call 609.631.6980 for registration and location.

### Breast Cancer Support Group

First Tuesday of each month; 6:30 p.m.

Please call 609.584.2836 to confirm attendance. This group meets at Rutgers Cancer Institute of New Jersey, 2575 Klockner Road, Hamilton.

### Nicotine and Tobacco Dependence Treatment Program

Mondays & Wednesdays, 1 to 5 p.m.

One-on-one and walk-in hours for individual/group counseling. Prescriptions for smoking-cessation medication (gum, patches, etc.) are available on request. To preregister or receive information, contact Michael Kosloski, BA, Certified Treatment Specialist, 833.795.QUIT (833.795.7848), or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).

### Caregiver Support Group

Wed., February 1, March 1 & April 5; 5:30 to 6:30 p.m.

Supportive discussion group for those caring for a loved one who is aging or has a chronic illness—shared experiences can be healing. An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

### Grief & Loss Support Group

Thu., February 2 & 16, March 2 & 16 and April 6 & 20; 1:30 to 2:30 p.m.

If you have lost a loved one or been separated from your support system, you can find comfort and begin to cope better by interacting with others. An Oaks Integrated Care Senior Well-Being Specialist will moderate.

### Nicotine and Tobacco Dependence Treatment Program Group Discussion

Thursdays, 5 to 6 p.m.

Group counseling. Prescriptions for smoking cessation medication (gum, patches, etc.) available upon request. To preregister or for information, contact Michael Kosloski, BA, Certified Treatment Specialist, 833-795-QUIT (833.795.7848), or email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org).

### Caregiver Series: Caring for Loved Ones with Chronic Conditions

Mondays, 10:30 to 11:30 a.m.

- February 6: Home Care versus Placement
- February 13: Hiring a Home Care Worker
- March 6: Resources in the Community
- March 20: Normal Aging or Dementia
- April 3: Creating a Safe Home Environment
- April 17: First Steps for Caregivers

Caring for a chronically ill senior can take a physical and emotional toll on family members. An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

### Adult Children Caring for Parents

• Mondays, 5:30 to 7 p.m.

- February 6: Normal Aging or Dementia
- February 13: Creating a Safe Home Environment
- March 6: Hiring a Home Care Worker
- March 20: Sibling Conflicts while Caregiving
- April 3: Home Care vs. Placement
- April 17: Resources in the Community

An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

### Letting Go of Clutter

Tue., February 14, March 14 & April 11; 1:30 to 2:30 p.m.

This support group explores how our emotional ties to our “stuff” can create clutter and affect our mood. An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

### Alzheimer's Support Group

Wed., February 15, March 15 & April 19; 6 to 7 p.m.

Support and information for family and friends of people with Alzheimer's disease. An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

### Wise Women Discussion Group

Thu., February 23, March 23 & April 27; 1:30 to 2:30 p.m.

Join a community of women as we discuss relevant topics and find purpose, meaning and community. Patti McDougall, BSN, RN, Integrative Therapies Nurse

### Bariatric Weight Loss Support Group

Tue., March 14; 6 to 7 p.m.

Call 609.584.5900 to register.



## HEALTH SCREENINGS

### Osteoporosis Screening

Thu., February 9, March 23 & April 20; 10 a.m. to noon

Ultrasound of heel and personalized information. Appointment and registration required.

### Hearing Screening

Tue., February 14, March 14 & April 11; 9 a.m. to noon

RWJ Balance and Hearing Center  
2 Hamilton Health Place  
Hamilton Township, NJ 08690  
Lorraine Sgarlato, AuD. Call 609.245.7390 to register.

### Fall Prevention/Balance Screening

Tue., February 14, March 14 & April 11; 9 a.m. to noon

RWJ Balance and Hearing Center  
2 Hamilton Health Place  
Hamilton Township, NJ 08690  
Jinbo Jung, DPT. Call 609.245.7390 to register.

### Cholesterol/Glucose/Blood Pressure Screening

Thu., March 16; 8 to 10 a.m., by appointment

Get a general cholesterol and glucose screening with just a finger stick. Participants must make an appointment and have fasted. Fee: \$10

### Take-Home Colorectal Screening

Thu., March 23; 10 to 11 a.m.

Learn how to use a simple take-home test to detect early colon cancer, and take part in a lecture about how to reduce your risk. Registration required.

### Memory Screening

Wed., April 5; 2 to 3 p.m.

Are you concerned about “senior moments”? The Mini-Mental State exam is a quick assessment to discern normal aging versus potential problems. We will also conduct a lecture related to improving your memory. Registration required.



REGISTRATION IS REQUIRED FOR ALL CLASSES.  
Visit [www.rwjbh.org/hamiltonbetterhealth](http://www.rwjbh.org/hamiltonbetterhealth) or call 609.584.5900.

Unless noted, all programs will be held at the RWJ Fitness and Wellness Center, 3100 Quakerbridge Rd., Hamilton Township.

# THE BETTER HEALTH PROGRAM AT RWJUH HAMILTON

Rediscover your Mind, Body, & Spirit in Retirement  
**Better Health Program**  
Complimentary Membership at 65+ years old



There's no better time to be 65+ years old, and there's no better place to experience it than at the Better Health Program at Robert Wood Johnson University Hospital (RWJUH) Hamilton. This complimentary program's mantra is "Rediscover your mind, body and spirit in retirement." Members meet like-minded people and learn from doctors and other professionals who make your well-being a priority.

The programs listed below are exclusively for Better Health members. Registration is required for each one. To become a Better Health member or register for a program, call the Health Connection at **609.584.5900** or visit us online at [www.rwjbh.org/hamiltonbetterhealth](http://www.rwjbh.org/hamiltonbetterhealth).

## Meditation Classes

**Fri., February 3 & 17, March 3, 17 & 31 and April 14 & 28; 11:30 a.m. to noon**

Sifu Tony Jackson, DAO Concepts, leads this program. Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most. Beginners welcome. Must be a Better Health member to register.

## Over-the-Counter Hearing Aids: FAQ: What You Should Know

**Wed., February 8; 10 to 11 a.m.**

Get the facts on the latest in over-the-counter hearing aids. Learn the facts and get your questions answered by Lorraine Sgarlato, AuD, ABA, a clinical audiologist with over 40 years of experience in the field of hearing science.

## Tai Chi Classes

**Thu., February 9 & 23, March 9 & 23 and April 6 & 20; 10 to 11 a.m.**

Sifu Tony Jackson, DAO Concepts, leads this program. Tai Chi is recommended for seniors because it improves balance, strengthens muscles in the legs and increases flexibility and stability in the ankles. It can help reduce falls and back pain. In a series of gentle physical exercises and stretches, each posture flows into the next without pause,

ensuring that your body is in constant motion. Beginners welcome. Must be a Better Health member to register.

## Yoga Classes

**Tue., February 14 & 28, March 14 & 28 and April 11 & 25; 10 to 11 a.m.**

Charu Chaudhry, Certified E-RYT with Yoga Alliance, shares her broad experience in multiple yoga disciplines. This class will include traditional postures, simple breathing exercises, meditation techniques and pointers on how to modify poses for your body so that you can confidently participate. Beginners welcome. Must be a Better Health member to register.

## Acoustic Café

**Wed., February 15; 1 to 2 p.m.**

Sheli Monacchio, CDP, HSAC, ADLS, Senior Vice President, Angelion Mobility, and singer/songwriter, will share her original music over snacks and beverages during this fun-filled time. Must be a Better Health member to register.

## Hearing Aids vs. Over-the-Counter Hearing Aids: What You Need to Know

**Wed., March 8; 10 to 11 a.m.**

"Are over-the-counter hearing aids for me?" "What are the differences between OTC and prescription-based hearing aids?" "Will my insurance pay for hearing aids?"

Join Lorraine Sgarlato, AuD, ABA, as she answers your questions about all types of hearing aids.

## Healthy Lifestyle Initiative with Patti McDougall, BSN, RN

**Tue., April 4, 11, 18 & 25, May 2, 9, 16, 23 & 30 and June 6, 13, 20 & 27; 10 a.m. to noon**

This 13-week program is designed to meet your healthy living goals. Join us for a new topic weekly on ways to optimize health and meet individualized wellness goals. Classes will also provide a safe space and a support group initiative where we learn from and support each other. Measures of success throughout the program will be determined at your preference—for example, weight, blood pressure, strength, blood sugar, cholesterol, energy or even sleep quality. Final session concludes with a potluck lunch. This is a series, and attendance is required all 13 weeks.

## Does Ringing in Your Ears Drive You Crazy?

**Wed., April 5; 10 to 11 a.m.**

Some 25 million Americans suffer from tinnitus and sound sensitivity. Join Lorraine Sgarlato, AuD, ABA, as she discusses the phenomenon of tinnitus and sound sensitivity syndrome, and various treatment options for relief.

## DISCUSSIONS WITH SARA ALI, MD

Geriatric Medicine and Internal Medicine

### Love Your Heart

**Thu., February 16; 1 to 2 p.m.**

Join Dr. Ali and friends for a fresh perspective on loving your heart for life! Must be a Better Health member to register.

### Nutrition and More

**Thu., March 16; 1 to 2 p.m.**

Join Dr. Ali and our registered dietitian as they take us on a journey covering nutrition and its impact on our bodies. Must be a Better Health member to register.

### Defeating Diabetes

**Thu., April 13; 1 to 2 p.m.**

Dr. Ali and Lalitha Sukumar, PharmD, Ambulatory Care Clinical Pharmacist, will break down what you need to know to understand and manage diabetes effectively. Must be a Better Health member to register.

# CONNECTING WITHIN OUR COMMUNITIES

SUCCESSFUL EVENTS OFFER FUN AND FOSTER VITAL SUPPORT.

As pandemic restrictions loosened during 2022, the Robert Wood Johnson University Hospital (RWJUH) Hamilton Foundation continued offering a schedule of in-person community events to both provide social activity and garner generous community support.

Gatherings during the summer and fall included these events.



## Golf Classic '22

The Annual Golf Classic in June at Cobblestone Creek Country Club in Lawrence Township brought over 100 attendees to the course, including physicians, hospital leadership, board members and community leaders.

The golf outing was a resounding success thanks in large measure to the much-appreciated efforts of the gathering's 2022 co-chairs, Joe Bogdan and Sharif Hatab. Proceeds supported key programs and service areas at RWJUH Hamilton.



## WE vs. C®

We vs. C: Bohemian Dream at Brick Farm Tavern in Hopewell Township also took place in June—on Cancer Survivors Weekend. An annual fundraising event for the Holistic Program at RWJUH Hamilton's Cancer Center, located on the campus of the hospital

at 2575 Klockner Road, the gathering broke its goals, raising over \$115,000 and bringing in over 150 attendees. The night featured finely crafted cocktails, creative festival culinary creations and immersive performances.



## Family Movie Night

The Young Professionals Group (YPG) of RWJUH Hamilton—comprising adults under 40 who participate in a variety of leadership and volunteer roles at the hospital—held its third annual Family Movie Night on a

September Friday on the ballfield at Trenton Thunder Ballpark in Trenton.

The outdoor family event originated in 2020 when the group wanted to gather and raise funds for the hospital while staying safe during the COVID-19 pandemic. It was such a hit that it has become a staple event.

This year's feature movie was Disney's "Encanto," and over 300 community members attended, including a meet and greet with the movie's main character, Mirabel Madrigal. Guests also enjoyed a ballpark dinner, popcorn, ice cream and face painting. All proceeds benefited the Cancer Center at RWJUH Hamilton.

## Paint the Bar Pink

The YPG held its third annual Paint the Bar Pink event in October—Breast Cancer Awareness Month—at Killarney's Publick House in Hamilton. Event tickets included two drink vouchers, appetizers, a gift and a variety of fun surprises.

The event featured live music, raffles, prizes and guest bartenders, along with opportunities to purchase special items. All proceeds benefited the Cancer Center at RWJUH Hamilton.


\*  
**SAVE THE DATE!**  
**We vs. C**  
JUNE 3, 2023  
"Under the Tuscan Sky"

To learn more about 2023 fundraising events, ways to give and how to support and get involved with Robert Wood Johnson University Hospital Hamilton Foundation, visit [www.rwjbh.org/hamiltongivenow](http://www.rwjbh.org/hamiltongivenow).





# HELP AND HOPE FOR THOSE AT RISK FOR SUICIDE



Contact the RWJBarnabas Health Behavioral Health Access Center at 800.300.0628 for information about services or a referral to a mental health specialist.

## SUICIDE WARNING SIGNS

According to the National Institute of Mental Health, signs that a person may be thinking about suicide include:

### Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

### Feeling:

- Empty, hopeless, trapped or having no reason to live
- Extremely sad, anxious, agitated or full of rage
- Unbearable emotional or physical pain

### Changing behavior:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

## A RETIRED U.S. ARMY MAJOR GENERAL AND HIS STAFF HELP PREVENT SUICIDE—ONE CALL AT A TIME.

**S**uicide. It's a scary word. According to the Centers for Disease Control and Prevention (CDC), close to 48,000 people in the U.S. died by suicide in 2020—that's one person approximately every 11 minutes. You may have a family member or friend who is contemplating, or who has attempted, suicide—and chances are you don't even realize it.

- There are several reasons for that.
- The warning signs are not always clear—and not every person exhibits them.
  - The associated stigma is so widespread that many people in crisis are afraid or ashamed to reach out for help.
  - There's often a very brief period



MAJ. GEN. (RETIRED) MARK A. GRAHAM

between thought and action. Studies have shown that nearly half of those who've attempted suicide did so within 10 minutes of first thinking about attempting.

Nobody knows this better than

Mark A. Graham, a retired U.S. Army Major General who serves as Executive Director, Rutgers University Behavioral Health Care (UBHC) and RWJBH Behavioral Health and Addictions Services, National Call Center and Vets4Warriors, which includes the New Jersey Suicide Prevention Hopeline (NJ Hopeline). One of his sons died by suicide in 2003 and since then, Maj. Gen. Graham and his wife, Carol, have been tireless champions of efforts to promote suicide-prevention awareness.

One in five adults in the U.S. (nearly 53 million people) lives with a mental illness. Yet, it still is not widely acknowledged as "real" sickness. "We've made some progress in changing that perception," says Maj. Gen. Graham, "but we're going to have the stigma until we make mental healthcare part of healthcare. Mental health is health."

One of the goals of the NJ Hopeline, which launched a decade ago, is to make it easier for people contemplating suicide to seek help without fear of judgment. All NJ Hopeline employees have extensive training and are well

prepared to help callers. "During a crisis, quick access to support and care can prevent death by suicide," says NJ Hopeline Program Director William Zimmerman. "We listen, support and assess people for needs. There's no time limit for a call, and we're available 24/7. If we can keep that person engaged and supported, the suicidal action may never happen," he says. Maj. Gen. Graham agrees. "The last thing we want to do is make a person regret that they called," he says. "We want people to feel better, to know that there's hope and help and that they're not alone."

If you or someone you know is experiencing warning signs of suicide, get help immediately. Call 988 or NJ Hopeline at 855.654.6735. For more information, visit [rwjbh.org/behavioralhealth](http://rwjbh.org/behavioralhealth).





# THE GREAT DEBATE:

# CARDIO VS. STRENGTH TRAINING

FIND OUT WHICH ONE IS BEST FOR YOUR HEART HEALTH.

Everyone knows that exercise is good for the heart. But what kind of exercise is most beneficial for optimum heart health—cardio or strength training? Anthony Altobelli III, MD, Clinical Chief of Cardiology, Robert Wood Johnson University Hospital (RWJUH) and RWJBarnabas Health (RWJBH) Medical Group, sheds some light on this decades-old debate.

## When it comes to cardio vs. strength training for heart health, is one more beneficial than the other?

The scientific evidence is still building around which form of exercise is best to prevent chronic disease. Historically, aerobic (or cardio) exercise was always recommended for heart and lung health with little attention paid to strength (or resistance) training. What's clear now, however, is that strength training is as



ANTHONY ALTABELLI III, MD

important to heart health as aerobic exercise and that a combination of both yields the best heart outcomes with regard to blood pressure, body composition,

fitness, strength and metabolism. In turn, beneficial change in a person's physiology yields a lower risk of diabetes, hyperlipidemia (high cholesterol), heart attack and stroke.

## What's the best way to combine these exercises?

*Physical Activity Guidelines for Americans*, a 2018 report from the Department of Health and Human Services, recommends that each week, adults aged 18 to 64 do at least 150 to 300 minutes of moderate-intensity aerobic activity, 75 to 150 minutes of vigorous-intensity aerobic activity or an equivalent combination of both. Strength training should be performed at least twice a week on nonconsecutive days to allow a period of rest for the muscle groups being stressed.

## How does age affect the type of exercise(s) a person should do?

As we age, safety becomes an issue. The aging adult should do both forms of exercise, but participation should take into account chronic medical conditions,

such as musculoskeletal disorders, that may place the individual at risk for injury. For people at risk for falls or with balance issues, resistance exercises, such as chair squats, heel lifts, rowing, resistance bands, bicep curls and shoulder presses, may be effectively and safely performed. Research continues to support strength/resistance training for older individuals.

## What advice do you have for the average person who wants to start an exercise regimen to improve their heart health?

Recommendations are based on age and whether the individual is new to an exercise program. First, choose exercise that you may find enjoyable. Second, set realistic expectations for how often and how long you'll exercise. Third, choose exercises that you can safely perform. Fourth, consider partnering with others for motivation and socialization. Fifth, communicate with your physicians.

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](http://www.rwjbh.org/heart).





# WORLD-CLASS CARE FOR BLOOD CANCERS CLOSE TO HOME

**RENOWNED CANCER DOCTORS ARE HELPING TO ENHANCE AND EXPAND THE HEMATOLOGIC MALIGNANCIES PROGRAM AT RUTGERS CANCER INSTITUTE OF NEW JERSEY AND RWJBARNABAS HEALTH.**

**T**he Hematologic Malignancies Program at Rutgers Cancer Institute of New Jersey and RWJBarnabas Health is known in New Jersey and beyond for its world-class multidisciplinary team of cancer experts and for its coveted place at the forefront of cancer research. As the state's only National Cancer Institute-Designated Comprehensive Cancer Center, it offers patients access to the most advanced treatment options for blood cancers, including blood and marrow transplantation, CAR T-cell therapy, immunotherapies and innovative clinical trials, many not available elsewhere.

Now, the highly regarded program

has extended its reach—and its potential—with the addition of two nationally recognized leaders in the field of hematologic malignancies to lead and complement the already outstanding team in place.

As the new Chief of Blood Disorders, Matthew Matasar, MD, MS, brings extensive expertise to the program and is among the nation's most experienced clinicians and researchers in routine, rare and complex hematologic malignancies, with extensive expertise in treating these types of cancers with clinical trials, immunotherapy and other cellular therapies. Dr. Matasar will lead the enhancement of multidisciplinary clinical services, including programmatic growth of the bone marrow transplant and cellular therapy programs across the health system.

“My goal is to grow what already is an amazing program with extraordinary physicians,” says Dr. Matasar. “My vision is to continue to develop the health system's ability to give best-in-class care; to deliver the most promising novel

therapies in the context of ongoing and new clinical trials; to educate our patients, their families and the community; and to train physicians how best to take care of these patients.”

Ira Braunschweig, MD, Chief of Transplant and Cell Therapy, is an expert at treating blood cancers with blood and marrow transplantation as well as with CAR T-cell therapy, in which, he says, “We take the cells of a patient's own immune system and reengineer them to become super-powerful cancer-fighting cells.” Dr. Braunschweig was one of the physician-scientists leading the pivotal study in late 2015 that established CAR T-cell therapy as a standard for relapsed and refractory aggressive lymphoma.

“The Rutgers Cancer Institute/RWJBarnabas Health program has a strong foundation,” he says. “I want to take it to the next level by expanding it and ensuring that more patients have these therapies available to them close to home, and by further enhancing the availability of cutting-edge therapies.”



MATTHEW MATASAR, MD, MS



IRA BRAUNSCHWEIG, MD

To learn more about the Hematologic Malignancies Program at Rutgers Cancer Institute of New Jersey/RWJBarnabas Health, please visit [www.rwjbh.org/beatcancer](http://www.rwjbh.org/beatcancer).





# BETTER WOMEN'S HEALTH AT EVERY AGE

**WHAT WOMEN NEED TO KNOW TO STAY WELL—  
FROM ADOLESCENCE TO AGELESS.**

**T**hroughout a woman's life, her body and her healthcare needs evolve. From adolescence through menopause and beyond, women experience many changes. Staying healthy through all those changes can be daunting—but it doesn't have to be. We asked doctors at RWJBarnabas Health to share some of their best advice on how women can maintain optimal

health at every age and stage.

## PREVENTIVE AND GENERAL HEALTHCARE

Being proactive about preventing illness and injury should start early in a woman's life. "Adolescent women should be encouraged to establish healthy eating and sleeping habits, exercise regularly and avoid excessive screen time," says

Robert A. Graebe, MD, Chair and Program Director of the Department of Obstetrics and Gynecology at Monmouth Medical Center. Preventive care, he says, can include taking seemingly simple but important measures such as consistently using sunblock and always wearing a seat belt.

Dr. Graebe also stresses the importance of caring for mental health and says that adolescent and young women should be encouraged to seek support for feelings of anxiety and depression or other mental health problems. In addition, women should schedule an annual well-woman visit. "During this visit, the care you receive will focus on you, your body and your reproductive health," says Dr. Graebe. "A well-woman visit also provides a time



ROBERT A. GRAEBE, MD



LENA L. MERJANIAN, MD



JULIE MASTER, DO, FACC



NICOLE M. MONTERO LOPEZ, MD



to discuss fertility questions and family planning options and to get screened for sexually transmitted diseases.”

## GYNECOLOGIC AND REPRODUCTIVE HEALTH

### • First OB/GYN Visits

“The American College of Obstetricians and Gynecologists recommends that a girl establish care with a gynecologist between the ages of 13 and 15,” says Lena L. Merjanian, MD, an obstetrician and gynecologist at Rutgers Health. “This visit is an opportunity for her to establish a trusting rapport with her physician. It’s a confidential visit to discuss reproductive health concerns, contraception, relationships, adolescent sexuality and avoiding risky behaviors.”

According to Dr. Graebe, the first OB/GYN visit is also an opportunity to establish the diagnosis of common problems such as polycystic ovarian syndrome, hypothyroidism, eating disorders, etc. “The majority of bone formation occurs during the early years, so discussion concerning proper bone health is vital to prevent future osteoporosis,” says Dr. Graebe. A first gynecologic visit usually doesn’t include a pelvic exam or Pap smear.

### • Reproductive Years

During a woman’s reproductive years, maintaining optimal health can increase her chances of a healthy pregnancy and birth if she chooses to start or grow a family. Folic acid supplementation is important, especially when planning a pregnancy. In addition, women should be proactive with age-appropriate screenings, such as Pap and HPV (human papillomavirus) tests. They should use condoms with new sexual partners to prevent sexually transmitted diseases, such as chlamydia and gonorrhea, which can negatively impact fertility. And, says Dr. Graebe, they should be aware that “a woman’s peak fertile years are from about age 27 to 29, with a steady decline starting in the mid-30s.”

Some women, including those receiving cancer therapies and those wishing to postpone pregnancy until beyond their mid-30s, may want to consider egg freezing and subsequent

## HEALTH EQUITY

The importance of women’s health equity cannot be understated. According to Meika Neblett, MD, MS, Chief Medical Officer at Community Medical Center,



MEIKA NEBLETT, MD, MS

“Women’s health equity requires an integrated approach that recognizes the need for progress in understanding the social determinants of health, diversity and inclusion, and their intersectionality.

“RWJBarnabas Health has made equity a priority in women’s health,” says Dr. Neblett, “and it has taken steps toward removing barriers to preventive screenings that lead to earlier diagnosis and treatment of certain types of cancers as well as improving access to family planning services.”



in-vitro fertilization, says Dr. Graebe.

### • Breast Health

Breast self-awareness should start at about age 20, when women should focus on knowing what’s normal for their breasts. If changes are noticed, women should talk to their primary care provider or OB/GYN. Regular breast screening can help detect cancer at an early and more treatable stage. For women at average risk for breast cancer, a clinical breast exam is recommended every one to three years between the ages of 25 and 39, and a mammogram is recommended every one to two years beginning at age 40. “It’s important for women to be aware of their family history,” says Dr. Graebe. “Women at increased risk, such as those with a family history of breast cancer and other hereditary cancer syndromes, may benefit from seeing a genetic counselor.”

### HEART HEALTH

“It’s important for a woman to know her risk factors for heart disease, including her cholesterol numbers, blood pressure, family history and smoking status,” says Julie Master, DO, FACC, Director of Noninvasive Cardiac Services at Monmouth Medical Center. “There are also novel risk factors such as pregnancy complications that can put a woman at

higher risk of heart disease in the future. A history of cancer treatment may also increase her risk. Having a yearly physical and not ignoring symptoms are of the utmost importance.”

### BONE HEALTH

Most women don’t think about their bones until there’s a problem with them, but bones need care to stay healthy just like the rest of the body.

Bone density testing is one way to measure bone health. This is especially important for women because, according to Nicole M. Montero Lopez, MD, an orthopedist at Clara Maass Medical Center, hormonal changes during menopause can directly affect bone density. Women 65 and older and women under 65 with risk factors, such as a family history of the disease or fracture, should have a bone density test. Frequency of testing depends on age, results of prior tests and individual risk of fracture. The goal in osteoporosis prevention is to slow down the loss of bone mass to reduce the risk of fractures. You can strengthen your bones with certain exercises and lifestyle changes. Weight-bearing exercise is the most important type of exercise for preventing osteoporosis, and a diet rich in calcium and vitamin D is good for bone health.

To learn more about women’s health services at RWJBarnabas Health, visit [www.rwjbh.org/treatment-care/womens-health](http://www.rwjbh.org/treatment-care/womens-health).



# CHILDREN'S CARE CLOSE TO HOME

## WHERE TO TURN FOR SPECIALIZED OUTPATIENT SERVICES THROUGHOUT NEW JERSEY

As a leading provider of inpatient and outpatient care for children who face special health challenges from birth to age 21, Children's Specialized Hospital, part of the RWJBarnabas Health Children's Health Network of hospitals, partners with families to treat a wide range of developmental, physical, mental and behavioral concerns. You'll find outpatient services close to home at these New Jersey locations.



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



Outpatient services include facilities and equipment specially designed to meet children's needs.

### BAYONNE

- Developmental and behavioral pediatrics
- Occupational therapy
- Physical therapy
- Speech and language therapy

### CLIFTON

- Developmental and behavioral pediatrics
- Neurology
- Occupational therapy
- Orthopedics
- Physical therapy
- Psychology
- Speech and language therapy

### EAST BRUNSWICK

- Occupational therapy specializing in upper extremity and hand therapy
- Physical therapy specializing in orthopedic and sports medicine

### EATONTOWN

- Audiology
- Developmental and behavioral pediatrics
- Neurology
- Occupational therapy
- Physiatry
- Physical therapy
- Psychology
- Speech and language therapy

### EGG HARBOR TOWNSHIP

- Developmental and behavioral pediatrics
- Occupational therapy
- Physiatry
- Physical therapy
- Psychiatry
- Psychology
- Speech and language therapy

### HAMILTON

- Audiology
- Developmental and behavioral pediatrics
- Neurology
- Occupational therapy
- Physiatry
- Physical therapy
- Psychiatry
- Psychology
- Special needs primary care
- Speech and language therapy

### NEWARK

- Developmental and behavioral pediatrics
- Occupational therapy
- Physical therapy
- Speech and language therapy

### NEW BRUNSWICK—PLUM STREET

- Developmental and behavioral pediatrics
- Neurology
- Neuropsychology
- Occupational therapy
- Physiatry
- Physical therapy
- Psychiatry
- Psychology
- Speech and language therapy

### TOMS RIVER—LAKEHURST ROAD AND STEVENS ROAD

- Audiology
- Developmental and behavioral pediatrics
- Neurology
- Nutrition
- Occupational therapy
- Physiatry
- Physical therapy
- Psychiatry
- Psychology
- Rehabilitation technology
- Speech and language therapy

### UNION

- Audiology
- Developmental and behavioral pediatrics
- Neurology
- Neurorehabilitation
- Occupational therapy
- Orthopedics
- Physiatry
- Physical therapy
- Psychiatry
- Psychology
- Special needs primary care
- Speech and language therapy

### SOMERSET

- CSH RUCARES Severe Behavioral Program
- Intensive Feeding Disorders Program

### WEST ORANGE

- Occupational therapy
- Physical therapy
- Speech and language therapy

To learn more about outpatient programs and services or to schedule an appointment, call **888.244.5373** or visit **www.rwjbh.org/cshoutpatient**.

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, Eatontown, Egg Harbor Township, Hamilton, Newark, New Brunswick, Somerset, Toms River, Union and West Orange.





# BEYOND BED-WETTING

## A TOP PEDIATRIC UROLOGIST SHARES THE LATEST TREATMENTS FOR URINARY TRACT PROBLEMS IN CHILDREN.

**J**oseph Barone, MD, a nationally recognized expert in the field of pediatric urology, was recently appointed Medical Director of Pediatric Urology for the Children's Health Network of RWJBarnabas Health (RWJBH). Dr. Barone is also Chief of the Division of Urology and Professor of Surgery at Rutgers Robert Wood Johnson Medical School. Here, Dr. Barone talks about children's urologic conditions as well as what's new in the field.

### How has the RWJBH pediatric urology program changed recently?



JOSEPH BARONE, MD

We're now a system-based program with all pediatric urologists in all RWJBH children's hospitals working as one group. This allows us to take advantage of

synergistic opportunities for clinical access, safety, quality and diversity. With integration, patients will receive the same pediatric urology care no matter where they are in the system.

### How are children's urologic issues different from those of adults?

Children mostly have congenital problems and adults deal with problems that develop during life. Because of this, the practice of pediatric urology now has its own board certification by the American Urological Association.

### What are some common urologic issues in children?

The most common is bed-wetting, affecting 10 million children in the United States each year. Other

common conditions include urinary tract infections (UTIs) and daytime accidents. There are also some common surgical conditions, such as undescended testes and hernia.

### What are some serious pediatric urologic conditions that you treat?

Some children born with neurological diseases, such as spina bifida, lack the nerves that control the bladder. As a result, they're incontinent. To restore continence, we use the small intestine to make a new bladder with a procedure called bladder augmentation. Twisting, or torsion, of the testes—when a boy's testicle twists spontaneously and cuts off its blood supply—is another serious issue that not many people know about. Sudden, severe testis pain is an emergency and parents should take their child to the emergency department if this happens.

### What robotic surgical techniques are used for children?

We offer minimally invasive robotic surgery for nearly all pediatric urology conditions that historically would require an incision. The robot is controlled by the surgeon, and three or four laparoscopic ports are placed into the child's abdomen. Robotic surgery speeds recovery and results in less pain. For older children, we offer single-port robotics. There are only a handful of centers that offer this robotic procedure.

### Are there any exciting new developments in this area?

We're working on developing a new electrical surgical tool designed for pediatric surgery. We currently use similar tools designed for adults and when working in a very tiny space, they can be cumbersome. We've designed the pediatric surgical tool and are in the process of making a 3D model.

To find a pediatric urologist or for more information on children's urologic issues, visit [www.rwjbh.org/childrenshealth](http://www.rwjbh.org/childrenshealth).





# BANKING ON LIFE

## WHERE AND HOW TO DONATE BLOOD THIS WINTER

It's estimated that someone in the United States needs blood every two seconds, and, since January is National Blood Donor Month, there couldn't be a better time to donate. Blood doesn't have a long shelf life—between five and 35 days, depending on the component—so there's rarely, if ever, a surplus. This is especially true in winter, when donations typically slow down because of bad weather, winter holidays and seasonal illnesses like colds and flu.

"Simply put, there's no substitute for blood," says Sally Wells, Business Development Liaison, Robert Wood Johnson University Hospital Blood Services. "Blood cannot be manufactured. We always say that 'it's the blood on the shelf' that makes it possible to treat traumatic injuries, perform surgeries, support premature babies and treat patients who are going through advanced cancer therapies, to name a few of its uses."

While all RWJBarnabas Health facilities run blood drives several times

a year, Wells says that multiple blood drives will occur in January, noting that donor centers in New Brunswick and Somerset will be open daily. "Our message for National Blood Donor Month is 'Donate 3 in 2023,'" she says, referring to three pints of blood.

The ripple effect of the pandemic is still being felt in many areas, including blood donation. "People aren't donating as often as before the pandemic, so we're still experiencing periodic shortages," says Wells. "We haven't been able to build up a reserve, so certain blood types and products are always in high demand."

The blood type that is most in demand is type O-negative (O-). "This is the universal blood type because it can be used in an emergency to transfuse anyone until the person's blood type can be verified," says Wells.

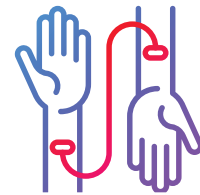
If you don't know your type, don't worry. When you donate, you'll be issued a blood-donor card that will list your blood type.



## HOW TO DONATE

The four basic steps to donating blood are:

1. Registration (to gather demographic information)
2. Medical interview and mini physical (to determine if the donor is suitable)
3. Phlebotomy (the actual donation, drawing blood)
4. Rest and refreshments (after blood is donated)



## REQUIREMENTS FOR DONORS

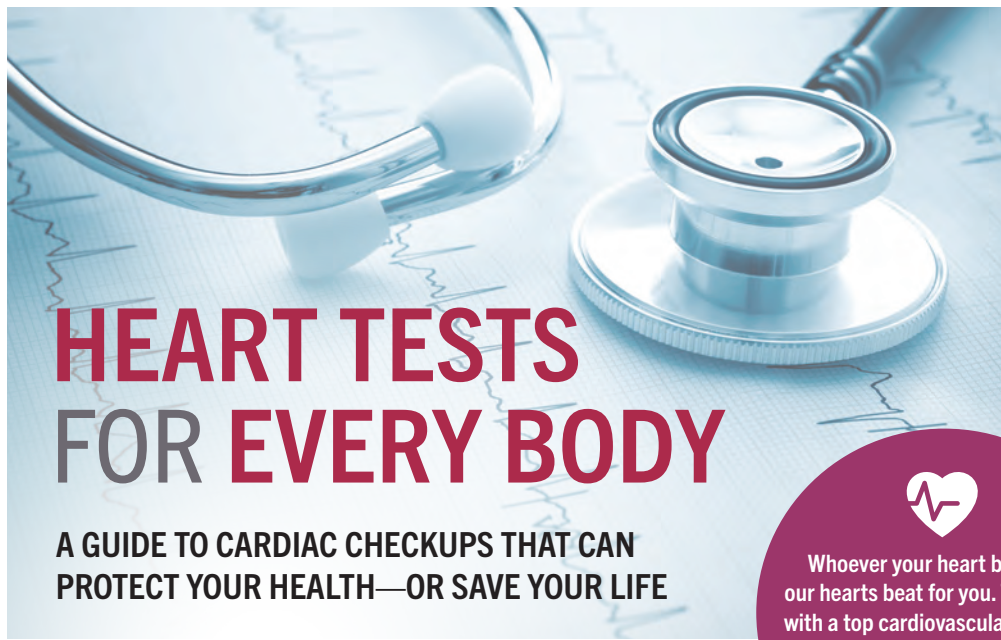
To donate blood, you must:

- Be in overall good health
- Be at least 17 years old (16 with parental consent)
- Weigh at least 110 pounds (120 pounds if 16 years old)
- Present a valid photo identification with signature

For more information or to schedule an appointment to donate blood, visit [www.rwjbh.org/treatment-care/blood-donation](http://www.rwjbh.org/treatment-care/blood-donation) or [www.rwjhdonorclub.org](http://www.rwjhdonorclub.org), or call 732.235.8100 ext. 221 (New Brunswick) or 908.685.2926 (Somerset).

NATIONAL  
**BLOOD  
DONOR**  
MONTH





# HEART TESTS FOR EVERY BODY

**A GUIDE TO CARDIAC CHECKUPS THAT CAN PROTECT YOUR HEALTH—OR SAVE YOUR LIFE**

**T**he heart is the most important muscle in your body, pumping nutrient-rich blood, helping you function and giving you life.

In some cases, your heart provides warning signs of a problem, but many times it doesn't. Understanding your heart health can guide you to potentially lifesaving procedures such as elective angioplasty.

If basic screening tests such as those for blood pressure, blood sugar and cholesterol find reasons for concern, you and your doctor may want to investigate further using measures like these.

## **ELECTROCARDIOGRAM (EKG OR ECG)**

**WHAT IT IS:** A test that measures electrical activity in your heart as it beats.

**WHAT IT CAN REVEAL:** Abnormal electrical activity that can indicate conditions such as irregular heartbeat, clogged arteries, heart damage, heart failure or a heart attack.

## **ECHOCARDIOGRAM**

**WHAT IT IS:** An ultrasound scan that generates measurements as well as images of the heart's interior.

**WHAT IT CAN REVEAL:** Information about your heart's size, shape, movement, strength and function, including problems such as faulty valves, structural abnormalities, heart

attack damage, inflammation and heart failure.

## **EXERCISE STRESS TEST**

**WHAT IT IS:** A test that tracks heart rate, blood pressure and electrical rhythms as you walk on a treadmill or pedal a stationary bike.

**WHAT IT CAN REVEAL:** How your heart responds to exertion—for example, if enough blood flows to your heart or heart rhythms are normal as you become more active.

## **CHEST X-RAY**

**WHAT IT IS:** A black-and-white, 2D image that shows your bones, lungs and heart.

**WHAT IT CAN REVEAL:** Conditions such as fluid buildup resulting from congestive heart failure, problems with blood vessels near the heart and abnormalities in the heart's size and shape.

## **NUCLEAR STRESS TEST**

**WHAT IT IS:** A test similar to an exercise stress test but with images. A small amount of radioactive dye is injected; then sets of images are taken with a special camera showing the heart while the patient is at rest and after exertion.

**WHAT IT CAN REVEAL:** Additional

## **WHAT IS ANGIOPLASTY?**

Sometimes called cardiac catheterization or percutaneous coronary intervention (PCI), angioplasty is a potentially lifesaving procedure in which a cardiologist inserts a thin tube called a catheter into a blood vessel and threads it to your heart. Typically done in a hospital catheterization (cath) lab under light sedation, the procedure allows doctors to obtain images that show if (or how badly) coronary arteries are blocked and, if needed, improve any blockages and keep blood vessels open using a mesh stent.

Robert Wood Johnson University Hospital Hamilton is now certified to perform this procedure not only on an emergency basis during a crisis such as a heart attack but also as an elective procedure to catch and correct problems before they become life-threatening.

  
Whoever your heart beats for, our hearts beat for you. To connect with a top cardiovascular specialist at Robert Wood Johnson University Hospital Hamilton, call 888.724.7123 or visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).

information if exercise stress test results are unclear.

## **CT SCAN**

**WHAT IT IS:** An imaging method called computed tomography (CT) in which X-rays taken from multiple angles produce detailed, 3D images of the heart and its arteries.

**WHAT IT CAN REVEAL:** Problems such as substances in coronary arteries, valve abnormalities, inflammation and pumping deficiencies.

## **CORONARY CALCIUM SCORING**

**WHAT IT IS:** An imaging exam that uses CT to detect calcium in coronary arteries.

**WHAT IT CAN REVEAL:** Plaque formation ranging from early to heavy. The test's score can indicate your risk of a heart attack before you experience symptoms. Consult your doctor to determine if a calcium score is right for you.

To learn more about cardiac care, treatment, tests, procedures and wellness programs, visit [www.rwjbh.org/heart](http://www.rwjbh.org/heart).







Marilyn Silverman (right) has benefited in numerous ways from having geriatrician Sara Ali, MD (left), as her primary care doctor.

# SPECIALIZED PRIMARY CARE FOR OLDER ADULTS

## HOW A GERIATRIC PHYSICIAN CAN HELP YOU STAY HEALTHY AND INDEPENDENT LONGER

Marilyn Silverman provides almost a textbook example of what it's like to have a geriatrician as your primary care doctor.

When she heard that Sara Ali, MD, a geriatric and palliative care specialist and a member of RWJBarnabas Health Medical Group, was coming on board at Robert Wood Johnson University Hospital (RWJUH) Hamilton in 2019,

Marilyn became one of Dr. Ali's first patients. "Being in my 70s, I decided that a physician specializing in seniors was just what the doctor ordered," Marilyn says with a wink.

Active and in good health, Marilyn mainly saw doctors for routine checkups. As a result, when she did go for an exam, she wanted her

primary care physician to take time and be thorough.

Her decision has paid off in ways that exemplify what geriatric medicine is all about. She and Dr. Ali together take steps like these:



### COMPREHENSIVE EXAMS

"Dr. Ali gives me a comprehensive annual physical exam and asks a lot of questions," Marilyn says, "about how my meds are working, what aches and pains I'm having and what issues and concerns I have about my health."

"Appointments with a geriatrician may be longer than you expect—30 minutes to an hour," Dr. Ali says. "We take a broad, whole-person view, do a comprehensive analysis and formulate a plan that takes into account the patient's goals."



### MEDICATION REVIEWS

"Dr. Ali reviews my medications one by one, assessing whether changes might be needed," Marilyn says. She credits reduction of a cholesterol medication with relieving nighttime leg cramps.

"We work with a pharmacist to provide maximum benefits with the least amount of medication," Dr. Ali says. "Many people have long medication lists, but nobody is looking at the whole picture, including drug interactions and side effects." Polypharmacy reviews can help reduce or eliminate doses, consider other ways to take a drug, track prescriptions and find easier-to-open packaging.



### RISK ASSESSMENTS

"Dr. Ali assesses my cognitive abilities, reviews eyesight and hearing, and even conducted a gait analysis test to assess fall risk and balance," Marilyn says.

"No one had ever done this before."

"Functional assessments like gait

testing can predict a lot, such as falls and future admission to a hospital or a long-term care or skilled nursing facility,” Dr. Ali says. Her assessments also consider potential issues such as memory loss, movement disorders, depression, functional decline and vaccination status.



### CONTINUITY OF CARE

“When I contracted COVID-19, Dr.

Ali arranged for me to have a telehealth

visit with her, then sent me to the RWJUH Hamilton Emergency Department for a transfusion of monoclonal antibodies, which knocked out the rather serious effects I was feeling,” Marilyn says.

As a primary care physician, a geriatrician helps patients find specialized care and treatments in other medical disciplines while keeping tabs on the big picture.

Marilyn, for example, has also dealt with an intestinal blockage and a broken wrist, while her husband, Jerry, recently had an emergency appendectomy. “Both my husband and I rely on the excellent care at RWJUH Hamilton,” she says.



### COMMUNITY ENGAGEMENT

Dr. Ali also works with RWJUH Hamilton’s Better

Health Program not only to provide information on topics such as polypharmacy, memory, cognition and prevention of strokes and heart attacks, but also to encourage activity. “Marilyn has a very active lifestyle both physically and socially, which I advocate,” Dr. Ali says. “Social interaction helps cognition, mood and overall well-being. She’s doing very well.”

The Better Health Program is a complimentary membership program for anyone 65+ years old. Rediscover your mind, body and spirit in retirement; meet like-minded adults; and learn from physicians, experts and other professionals who help make members’ well-being a priority.

## THE 5 Ms OF GERIATRIC CARE

Today’s older adults are living longer and healthier lives, but health can change over time as the result of different illnesses, conditions and concerns. Geriatricians take an interdisciplinary approach and focus on five key areas known as the Geriatric 5 Ms:

- **Mind:** Working to maintain mental activity; evaluating for and managing dementia and/or cognitive impairment; evaluating and treating depression
- **Mobility:** Maintaining the ability to walk and/or maintain balance, and preventing falls and other types of common injuries
- **Medications:** Ensuring that medications address an older person’s needs and reducing the number of medications when appropriate
- **Multicomplexity:** Helping older adults manage a variety of health conditions and assessing living conditions affected by age, health and social concerns
- **Matters Most:** Helping with managing individual goals of care and ensuring that a person’s health outcomes, goals and care preferences are reflected in treatment plans and advance directives

## FILLING A NICHE FOR ELDER CARE

Robert Wood Johnson University Hospital Hamilton is proud to carry the NICHE Designation in recognition of our commitment to patient-centered care for older adults. NICHE stands for Nurses Improving Care for Healthsystem Elders and is the largest geriatric nursing program available. NICHE-designated hospitals recognize specific and unique needs of seniors and understand that patient- and family-centered care is imperative to creating a positive experience and better outcomes for older adults.



## SCHEDULE AN APPOINTMENT

To schedule an appointment with Sara Ali, MD, call **609.245.7430**.

Dr. Ali is located at:

**Primary Care Express, an RWJBarnabas Health Medical Group practice**  
3100 Quakerbridge Road, Suite 28, Hamilton, NJ 08619

For more information or to schedule an appointment at any RWJBarnabas Health Medical Group primary care location, call **888.724.7123** or visit **[www.rwjbh.org/medgroupprimarycare](http://www.rwjbh.org/medgroupprimarycare)**.

To learn more about the Better Health Program at Robert Wood Johnson University Hospital Hamilton, an RWJBarnabas Health facility, visit **[www.rwjbh.org/HamiltonBetterHealth](http://www.rwjbh.org/HamiltonBetterHealth)**.

To learn more about comprehensive geriatric care throughout New Jersey, visit **[www.rwjbh.org/SeniorHealth](http://www.rwjbh.org/SeniorHealth)**.





## MAGNET RECOGNITION: WHAT IT TAKES

Being awarded Magnet recognition for nursing excellence requires multiple levels of evaluation by the American Nurses Credentialing Center (ANCC). “Before applying, hospital leadership, the nursing team and staff needs to feel very strongly that this is what they want to do and must be committed to this goal and able to achieve it,” says Lisa Breza, RN, MSN, NEA-BC, Senior Vice President and Chief Nursing Officer at Robert Wood Johnson University Hospital (RWJUH) Hamilton.

Once the ANCC accepts an application, a hospital must gather large amounts of information, data and evidence documenting how the institution has performed on standards outlined in an extensive manual of criteria.

If the hospital clears the documentation stage, the ANCC performs a site visit. “They verify and validate that what’s written in the document is actually happening at the hospital,” says Jacqueline Ciccarelli, MSN, RN, CCRN-K, Manager, Magnet Program and Nursing Performance Improvement. “They go unit by unit and interview not just leaders but front-line nurses and staff.”

The process takes about a year. Last spring, the ANCC notified RWJUH Hamilton to expect a call with results. Leadership and staff gathered in multiple locations to receive the good news. “It was a fantastic moment,” Breza says.



# SCORING TOP NURSING HONORS

**ACHIEVING MAGNET STATUS RECOGNIZES THE HIGHEST-QUALITY CARE FOR PATIENTS.**

Nurses have been called the backbone of healthcare. At Robert Wood Johnson University Hospital (RWJUH) Hamilton, they provide vital care at the bedside but also promote teamwork, enhance safety, improve patient outcomes, nurture community health, educate staff, provide leadership and more.

As a result of such efforts, RWJUH Hamilton has earned Magnet recognition for nursing excellence from the American Nurses Credentialing Center (ANCC). The designation is the nation’s most prestigious nursing honor—one that only 9 percent of hospitals across the country have achieved.

“It’s like getting an Oscar at the Academy Awards,” says Jacqueline

Ciccarelli, MSN, RN, CCRN-K, Manager, Magnet Program and Nursing Performance Improvement. “At RWJUH Hamilton, our nursing team continuously strives to provide excellent care to our patients in an authentic, compassionate way. We are very excited about being designated for the first time as a Magnet hospital.”

The designation is based on measures of performance across a wide range of quality benchmarks. “It’s not something you just get by applying,” says Lisa Breza, RN, MSN, NEA-BC, Senior Vice President and Chief Nursing Officer at RWJUH Hamilton. “You need to prove that your nursing is consistently exemplary through data, surveys and outcomes for eight





Some 22 RWJUH Hamilton nurses attended a 2021 gathering of the American Nurses Credentialing Center, where the hospital was honored for achieving a Magnet designation, which recognizes nursing excellence.

consecutive quarters, or two years.”

RWJUH Hamilton’s 400-plus nurses excelled even while facing the peak of an unprecedented pandemic. “I’m so proud of our nurses,” Ciccarelli says. “They all work very hard, and our programs are truly outstanding.”

### STANDARDS OF EXCELLENCE

The ANCC considers a number of key criteria that reflect not only best clinical practices but also organizational factors such as leadership structure, shared decision-making and education.

“Achieving Magnet designation has been years in the making,” Breza says. “We did an analysis of existing practices and executed plans to make sure we met standards for providing exemplary nursing.”

The ANCC found RWJUH Hamilton excelled at benchmarks including:

- **Transformational leadership:**

“This means inspiring employees to strive beyond expectations toward a shared vision,” Breza says. “It’s about empowering nurses to have a voice at the table and enabling them to drive outcomes through evidence-based practice.” Leaders including the chief nursing officer continually look to the future and anticipate changes that can improve staff effectiveness, promote a healthy work environment and ensure patient safety and healing.

- **Innovative practices:** RWJUH

## COLLEAGUES IN QUALITY

Robert Wood Johnson University Hospital Hamilton is one of six Magnet-recognized hospitals in RWJBarnabas Health (RWJBH), the state’s largest healthcare system. The complete list consists of:

- Cooperman Barnabas Medical Center
- Jersey City Medical Center
- Monmouth Medical Center
- Robert Wood Johnson University Hospital (New Brunswick)
- Robert Wood Johnson University Hospital Hamilton
- Robert Wood Johnson University Hospital Somerset

Hamilton nurses are encouraged to provide ideas, solutions and leadership to improve nursing care in their units and throughout the hospital. “We have a hospital-wide shared governance model where nurses contribute to decisions about nursing practice,” Breza says. “Our nurses participate in unit-based councils, committees and a professional practice committee where front-line nurses and leaders come together, and nurses have input up to the system level on matters including equipment, products and policies.”

- **Professional advancement:** RWJUH Hamilton promotes continuing nursing education through programs that provide tuition reimbursement for bachelor’s and master’s degrees in nursing and encourages national certification in specialties. “The result is an even higher level of care for patients,” Ciccarelli says.

- **Partnership and teamwork:** “The ANCC gave us very positive feedback on our healthy work environment where nurses play a key role in interprofessional teamwork and collaboration,” Ciccarelli says. “RWJUH Hamilton is a good place to work where leadership supports and values nurses, and nurses in turn take really good care of their patients.”



## 6 CATEGORIES OF EXEMPLARY CARE

In awarding Magnet recognition to Robert Wood Johnson University Hospital Hamilton for nursing excellence, the American Nurses Credentialing Center highlighted six areas in which the hospital achieved outstanding outcomes and high patient satisfaction. They were:

**For inpatient care across all units, limited incidents of:**

1. Falls with injury
2. Hospital-acquired pressure injuries
3. Catheter-associated urinary tract infections
4. Central-line-associated bloodstream infections

**For outpatient/ambulatory care, high scores for:**

5. Courtesy and respect
6. Careful listening

“These honors testify to the outstanding care and compassion our nurses bring to their patients,” says Jacqueline Ciccarelli, MSN, RN, CCRN-K, Manager, Magnet Program and Nursing Performance Improvement.



### LEARN MORE

To learn more about Magnet recognition, visit [www.rwjbh.org/magnet](http://www.rwjbh.org/magnet). To discover what awaits you or someone you know in a nursing career at RWJBarnabas Health, including Robert Wood Johnson University Hospital Hamilton, visit [www.rwjbh.org/nursing](http://www.rwjbh.org/nursing).



# 'THEY SAVED MY LIFE'

HOW A TEAM OF EXPERTS DIAGNOSED AND TREATED A WOMAN'S BRAIN TUMOR

Mysterious headaches and a car accident led Myriah Stanley to seek specialized help.



For two years, Myriah Stanley struggled to find the cause of her agonizing headaches. Some doctors she consulted thought they might be linked to longtime sinus infections. Others thought the underlying problem could be stress. As the headaches grew worse, Myriah began to briefly pass out. “My head would nod, and I would come to again,” says the 40-year-old hairstylist and Hamilton resident. “Nothing stopped the pain.”

A turning point came in July 2020, when Myriah fainted while driving and damaged her car. Concerned that her condition—whatever the cause—was putting her at risk, her family encouraged her to go to Robert Wood Johnson University Hospital (RWJUH) Hamilton.

Turning first to the Emergency Department (ED), Myriah felt she was in good hands from her first conversation. “I was told they wouldn’t leave any stone unturned until they found answers,” she says.

The answer came swiftly: Scans showed a mass on her brain’s left temporal lobe, behind her eye. The tumor was triggering small seizures that had led to her fainting spells.

Myriah was admitted to the hospital’s intensive care unit (ICU), where she received anti-seizure medication and was told she would need surgery to remove the tumor and find out whether it was cancerous. “It was a lot to process,” Myriah says. “I was completely dumbfounded. I felt like I was dreaming.”

## DISCUSSING RISKS

Zakaria Hakma, MD, Director of Neurosciences and Chief of Neurosurgery at RWJUH Hamilton and a member of the Global Neurosciences Institute, evaluated Myriah’s options for removing the tumor. The delicate procedure would



ZAKARIA HAKMA, MD

need to remove the abnormal growth without damaging adjacent healthy tissue in an area of the brain that was related to both speech and the ability to move the right side of her body.

“We talked about the surgery and its risks,” Myriah says. Dr. Hakma cautioned that she potentially could need post-op rehabilitation to relearn how to walk, talk and write.

Yet options were limited, and the possibility of brain cancer increased the urgency of treatment. If her tumor was cancerous, Myriah would also need to receive chemotherapy and radiation treatment. “It was something that needed to be taken care of right away,” Dr. Hakma says.

Myriah decided to schedule the operation immediately. From her experience at RWJUH Hamilton thus far, she felt she could trust Dr. Hakma and his team. “I didn’t care what they had to do,” she says. She knew her diagnosis was serious, and surgery could save her life.

## A CHAIN OF CARE

Dr. Hakma performed a stereotactic craniotomy, a procedure in which he carefully separated Myriah’s brain tumor from the surrounding brain and vascular structure. The procedure uses state-of-the-art imaging technology to locate the tumor and navigate during surgery. “The goal is to be as accurate and least invasive as humanly possible,” Dr. Hakma says.

When Myriah emerged from anesthesia, the team that had treated her in the ED visited her room and broke into applause. “It wasn’t cancer,” Myriah says. The tumor instead had been a grade 1 meningioma, or noncancerous brain growth.

There was more good news: Dr. Hakma had successfully removed the entire tumor, and Myriah was able to speak and walk immediately after surgery. She went home a few days later, with tiny screws holding her skull incision in place. She continued



Since her brain surgery, Myriah Stanley has seen her children mark milestones such as her oldest daughter graduating from college and her son earning his driver’s permit.

attending follow-up appointments, and her MRIs showed no residual tumor or regrowth. Myriah was able to return to her hairstyling practice and spend time with her three children.

Since her diagnosis and surgery, Myriah has turned 40, watched her oldest daughter graduate from college and celebrated her son earning his driver’s permit. “I think of the milestones I could have missed if it weren’t for Dr. Hakma and his team,” she says. “They saved my life.”

Dr. Hakma is more circumspect. He points to a chain of expert care that, in a series of critical steps, led Myriah to successful treatment. “Having a team of experts at every level makes the surgeon’s job a lot easier,” he says. Doctors in the ED quickly found Myriah’s tumor. Nurses in the ICU delivered medication and steered Myriah to the right resources. Dr. Hakma provided guidance on Myriah’s options and carried out a successful surgery with support from a specialized team.

“I feel grateful for the care I received from the nurses and physicians at RWJUH Hamilton,” Myriah says. “I can never thank them the way I would like to.”

To learn more about the Center for Neurosciences at Robert Wood Johnson University Hospital Hamilton or to schedule an appointment, call 888.724.7123 or visit [www.rwjbh.org/hamiltonneuro](http://www.rwjbh.org/hamiltonneuro).





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Ever feel tightness in your chest when going up a flight of stairs, or short of breath after carrying in the groceries? These can be signs of coronary artery disease. If you think you may be at risk, you should talk to a cardiac specialist at Robert Wood Johnson University Hospital Hamilton. At RWJBarnabas Health, we perform more elective and emergent procedures than any other health care system in New Jersey. Our heart team can clear blocked or narrowed arteries to safely restore blood flow to your heart. Schedule an appointment with one of New Jersey's top cardiac specialists at [rwjbh.org/heart](http://rwjbh.org/heart)

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