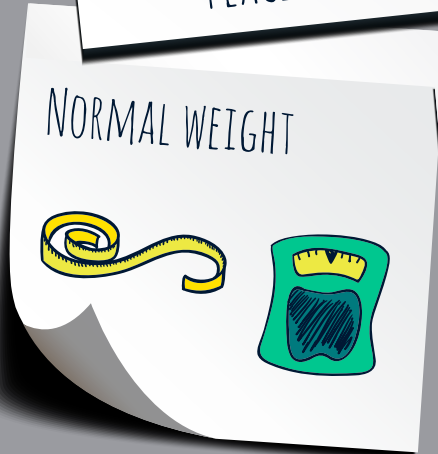


**MAKE A
SPLASH FOR
YOUR HEALTH**
PAGE 3

**BEST
DEFENSE
FOR KILLER
BUGS**
PAGE 10



Healthy Habits: Home Cooking

People who eat at home consume fewer calories and make better choices than those who eat out, according to research by the Johns Hopkins Bloomberg School of Public Health.

“Home-cooked meals help you control portions, eat more vegetables, and limit sodium,” says Diane Weeks, RD. “Start with foods found on the perimeter of the grocery store, such as those in the produce, dairy, and meat sections, instead of heating up frozen dinners or using boxed meal mixes.”

Too busy to eat well? Try Diane’s time-saving tips:

- Buy pre-cut or frozen vegetables to add to an omelet.
- Make homemade salads a meal by including a protein—a hard-boiled egg, tuna, or chicken—and a hot item, such as cooked rice.
- Use freezer bags or lidded containers to store foods in a clean, organized freezer for no longer than one month, labeling foods with the recipe name and exact date.

Need inspiration? Attend one of Ms. Weeks’ Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road. Demonstrations are free and open to all. Call (732) 499-6193 to let us know you are coming.

ROTISSERIE CHICKEN Fall Stir-Fry

Save time by starting with cooked chicken, tossing in fall vegetables, and stir-frying your meal for added flavor.

INGREDIENTS

- 1 tablespoon canola oil
- 1 tablespoon low-sodium soy sauce
- 1 cup Brussels sprouts, chopped
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- 1½ cups cooked organic quinoa
- 1 rotisserie chicken, pulled white meat
- 1 tablespoon peanuts, chopped fine (optional)

DIRECTIONS

1. Pour canola oil and soy sauce in pan over medium heat.
2. Add in chopped vegetables and cook for 7 to 8 minutes, or until tender.
3. Toss cooked quinoa and chicken into pan with vegetable mixture and stir for 2 minutes, or until thoroughly blended.
4. Scoop stir-fry onto plate and garnish with chopped peanuts (if no peanut allergies in home) and sprinkle with additional soy sauce.

NUTRITIONAL INFORMATION (PER SERVING)

Serves: 4

Calories: 455.9
Total Fat: 16.2g
Cholesterol: 55mg
Sodium: 644.1mg
Total Carbohydrate: 49.6g
Dietary Fiber: 6.9g
Protein: 31g



RWJ Health and Barnabas Health Sign Merger Pact

Barnabas Health and Robert Wood Johnson Health System have signed a historic agreement outlining the merger to become RWJ Barnabas Health. The new system comprises 11 acute care hospitals, three children’s hospitals, a pediatric rehabilitation hospital, a behavioral health center, ambulatory care centers, and five fitness and wellness centers.

The merger, subject to State Attorney General approval, is an opportunity to promote the wellness of communities in Hudson, Essex, Union, Middlesex, Mercer, Somerset, Monmouth, and Ocean counties. RWJ Barnabas Health will be New Jersey’s largest healthcare system and one of the largest healthcare providers in the U.S.

For more information about the merger, visit www.rwjahr.com.



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YOUR EXERCISE PRESCRIPTION

At RWJ Rahway Fitness & Wellness Centers in Scotch Plains and Carteret, physical and aquatic therapy programs are created with the patient's needs and goals in mind.

RWJ Rahway Fitness & Wellness Centers offer a wide range of therapy options in facilities with state-of-the-art equipment. We work with patients with Parkinson's disease, multiple sclerosis, and other neurologic conditions, as well as overuse injuries, arthritis, back pain, and sports-specific injuries. Unique to the Carteret facility is treatment of pelvic pain and lymphedema.

"Something we're proud to offer is our heated pool for aquatic therapy," says Nora Roberti, PT, DPT, Manager of Physical Therapy and Aquatics in Carteret. "The Therapy pool is 90 degrees, and we use it mostly for arthritis and back pain patients, although it is also valuable for patients recovering from stroke."

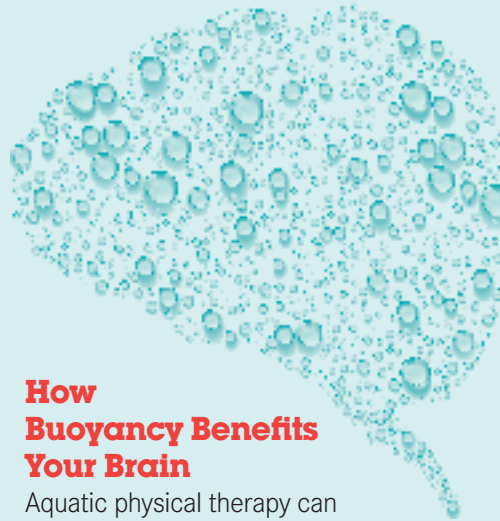
The pool is good for patients with joint pain and inflammation, Dr. Roberti says, because the water takes pressure off the joints, and the buoyancy and heat decrease the patient's pain level, allowing patients to be more active. A typical aquatic therapy session could include stretching, working on posture, and strengthening the legs and core.

"Patients often comment on how good it feels to exercise in the water," says Jennifer K. Soares, PT, DPT, CHT, Manager of Physical Therapy in Scotch Plains. "Aquatic exercise allows patients to move more freely, and in turn often carries over to help them regain their mobility on land."

CUSTOMIZED CARE

"There are so many avenues we can use to help patients reach their goals," Dr. Roberti says. "We individualize our care to the patient and their condition, and we genuinely want them to succeed. Whether that is through doing aquatic therapy in our pool, working on equipment in the gym, or establishing a home exercise program, we'll find the best way."

Physical and aquatic therapy are open to the community. A prescription is required. For an appointment for Physical and Aquatic Therapy in Scotch Plains, call (908) 389-5400. For Physical and Aquatic Therapy at the Carteret Center, call (732) 969-8030.



How Buoyancy Benefits Your Brain

Aquatic physical therapy can benefit more than just your body. People suffering from the effects of stroke or traumatic brain injuries (TBIs) often find that participating in aquatic therapy allows them to work on regaining their strength without many of the ill effects they may experience on land.

"The pool is a safe environment where we don't have to worry about patients falling," says Nora Roberti, PT, DPT, Manager of Physical Therapy and Aquatics in Carteret. "We can work a lot on things like balance."

Exercising in the water also allows patients to move more while expending less energy, something that benefits patients recovering from TBIs who often shouldn't physically exert themselves as much.





The RWJ Rahway Fitness & Wellness Center is more than a gym. It's a center for fitness and wellness. At this center, we educate, invigorate, and motivate to help you get healthy and stay that way.



Here's to Your

At the RWJ Rahway Fitness & Wellness Center, we offer fitness programs for members, wellness programs for those with chronic conditions, and health and wellness education for members and nonmembers.

Included in the membership is a quarterly nurse assessment with a health history review, body measurements, body fat percentage, and hydration level analysis.

Also included are two one-hour evaluations with a personal trainer, including a Functional Movement Screening and personalized training program. And there is a free re-evaluation every six to eight weeks.

These services allow our members to track their progress and help them reach their goals safely and effectively.

In addition to all types of the latest exercise machines, weights, and other fitness equipment, we keep it interesting by offering a large variety of group fitness classes each week, including ballroom dancing, Hatha Yoga, Broadway Dance, Aqua Zumba, and Aqua Pilates, to name just a few.

WE APPROACH FITNESS DIFFERENTLY

"If you want to join a gym with standard machines and amenities for a lower membership rate, our competitors offer that," says Jay Groves, EdD, MMHC, Executive Director of Population Health Management. "There is no other place to get the level of service with the medical orientation for each service that we provide, and the community really gets that because our membership is growing."

Another difference at the RWJ Rahway Fitness & Wellness Center is the Medical Advisory Panel, a group of physicians and health professionals who provide education on topics, such as nutrition, sleep, heart disease, diabetes, and more.

These programs are free, open to all, and provide a wealth of evidence-based information on health and wellness. (See the calendar on pages 7-9 for specific programs.)

We also provide healthy cooking classes each month for the community led by a Registered Dietitian. The recipes are easy to follow with ingredients that can be found locally. They are also delicious. Many of our guests say they've changed the way they cook and eat because of these programs. "Diane [Weeks, RD,] is a wealth of good information. I always learn something useful besides the recipes she cooks that are wonderful," wrote one of our regular guests.

WE SUPPORT WELLNESS

We also specialize in developing disease-specific wellness programs for a variety of conditions, such as diabetes, Parkinson's disease, obesity, and heart disease. These programs consist of **16 one-hour sessions**. **You don't** have to join the facility to **participate**. The aim of these programs is to provide a supportive environment so people can safely engage in exercise tailored to maintain and improve their health.

"It's been shown that regular exercise improves strength and stamina, allowing people with cancer, diabetes and heart disease to continue to do what they

“A fitness center affiliated with a hospital is a place where the staff understands your medical challenges and helps you get the results that matter to you. But also, it’s about having fun along the way. We want you to get excited about fitness and the pursuit of fitness, and that’s the environment we work hard to create.”

—JAY GROVES, EdD, MMHC, EXECUTIVE DIRECTOR OF POPULATION HEALTH MANAGEMENT



Health!

need to do throughout their day,” says Tim Marshall, MS, ACSM, ACS-CET, Director of Research and Program Development. “These programs, provided in partnership with Robert Wood Johnson University Hospital Rahway, are a safe way for people to participate in exercise and incorporate it into their lifestyles.”

Staff leading the programs either have four-year degrees in the health and science fields and/or National Commission for Certifying Agencies (NCCA) accredited fitness and exercise certifications. Our exercise professionals also undergo extensive education and training. Participants can feel safe engaging in supervised exercises led by experienced staff.

Some of the benefits of these program include:

- **Diabetes Wellness Program:** improved glucose tolerance and weight management
- **Cardiac Wellness Program:** improved heart health and blood pressure, plus the confidence to safely engage in exercise

“An especially successful program is our Parkinson’s Wellness Program,” says Ashley Lion, Fitness Manager for RWJ Rahway Fitness & Wellness Center. “With pre-and post-testing to measure improvements, we continually find patients can walk longer distances without stopping, are more mobile and aware of movement, and have better balance as a result of participating in our program.”

For a complete listing of Community Education events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193, or visit www.rwjuhr.com and click on “News & Events.” To find out more about the wellness programs, call (908) 838-9771.



For a tour of RWJ Rahway Scotch Plains, Call (908) 232-6100.

Save the Date!

RWJ Rahway Fitness & Wellness Center is holding a health fair and open house, Saturday, October 10, from 9 a.m. to 1 p.m. Health screenings, exercise programs, healthy cooking, and more!



Take Your Daily Exercise

“Exercise can be a diabetes medicine,” says Gary Paul, Exercise Physiologist, Certified Diabetes Educator. “Exercise can take the place of certain diabetes medications, especially those that reduce insulin resistance.”

When exercising your way through diabetes, consider these helpful tips:

- Take your exercise as often as you would any other medication, meaning daily.
- Get 30 minutes of exercise, at a moderate or higher intensity, in order to improve your insulin resistance and blood glucose levels for the next 24 hours.
- Consistent daily exercise along with weight-loss are associated with a 58 percent reduction in prediabetes progression.



APPROACHING A *Younger Self*

More
Than a
Gym

RWJ Rahway Fitness & Wellness Center Member Kirk Tice discovered if you don't use it, you really might lose it.

Although a founding Center member, it took Mr. Tice—President and CEO of RWJ University Hospital Rahway—the threat of surgery and some realizations about aging to take advantage of the Center's many offerings. Despite his investment in the Center, he considered himself fit enough to manage a healthy life on his own. A formal commitment to exercise and well-being was a luxury he did not allow himself. Things changed this year.

Spinal issues from an old sports injury and a thyroid condition brought challenges. Mr. Tice's physician recommended personal training. Knowledge from her kinesiology degree and extensive experience made Trainer Ashley Lion, Fitness Manager at the RWJ Rahway Fitness & Wellness Center, the perfect fit.

"I always worried the wrong trainer could do more damage than good," admits Mr. Tice, who, upon investigating the Center's personal trainer backgrounds, realized his worries were unfounded. "Working with Ashley has been well worth the expense. Her expertise allows me the peace-of-mind needed to progress. I am confident in my workouts and have accomplished about an 80 percent improvement to prove it."

THE ACHIEVEMENTS

Mr. Tice's thyroid condition caused a 50-pound weight loss. Although he recovered the weight after treatment, his body was left significantly deconditioned. This muscle loss was a top priority for his work with Ms. Lion. She customized a program to help him tone the regained weight, working from his core outward.

"The training strengthened my arms and legs, improved my cardio health, and even helped my tennis elbow," Mr. Tice says. "All this I quickly realized during my golf game. Now, I hit the ball more like a younger person than someone who is 61."

Mr. Tice laughs as he reveals even feeling taller than his 6'3" frame.

From a trainer's point-of-view, Ms. Lion describes Mr. Tice as an "energetic guy who lived in a body challenged by his fast-paced lifestyle."

"Kirk struggled with erratic sleep patterns; low back pain; and tingling, numb feet," Ms. Lion says. "He is the only one who truly knows how he feels now and how far he has traveled during this journey, but I can attest to the improvement I've witnessed over the past five months.

"Kirk's movement, strength, and flexibility improved by leaps and bounds," Ms. Lion confirms. "His body is much better equipped to maintain the active lifestyle he requires."

THE COMMITMENT

Although a member for many years, Mr. Tice needed a wake-up call to truly experience RWJ Rahway Fitness & Wellness Center and its team of experts. Don't wait for a health crisis. You deserve to achieve your healthiest.

"I can't say enough to encourage others," Mr. Tice says. "Empower yourself. Benefit from the Center's on-site fitness and health professionals to accomplish safe, effective workouts. You do not know what you've lost until you get it back."

Mr. Tice is thrilled with the newness of being back to his old self.



Ashley Lion, Fitness Manager, RWJ Rahway Fitness & Wellness Center, and Kirk Tice President and CEO, RWJ Rahway

Healthy Resolutions

This is just a sample!

For a complete listing of events at both RWJ Rahway Fitness & Wellness Center locations in Scotch Plains and Carteret or to register, call (732) 499-6193 or visit www.rwjuhr.com and click on "News & Events."

If you have special needs, please phone ahead so we can accommodate.

Cancellations or changes to the programs do occur. Please call ahead to make sure the program you want is taking place.

To arrange a tour of the RWJ Rahway Fitness & Wellness Center in Scotch Plains, call (908) 232-6100.

SUPPORT GROUPS

Two **Care for the Caregiver** groups meet the first Wednesday of each month, one from 3:30 to 5 p.m., and the other from 7 to 8:30 p.m.

Breast Cancer Support Group meets the first Wednesday of each month at 5:30 p.m.

Adult Bereavement meets the first Wednesday of each month from 1:30 to 3 p.m.

Bariatric Support Group, offering peer-to-peer support, meets on the first Saturday of each month at 10:30 a.m. (On holiday weekends, the group meets on the second Saturday of the month.) Open to pre- and postoperative patients. Not affiliated with any physician or medical group. For more information, call (908) 654-3369 or email firstsaturdaysupport@gmail.com.


Fibromyalgia Support Group, a professionally facilitated group, meets the first Thursday of each month from 6:30 to 8 p.m. Those newly diagnosed are welcome.

Overeaters Anonymous is a peer-to-peer group for compulsive eating disorders that uses a 12-step program. The group meets Fridays at 7 p.m. and Sundays at 11 a.m. in the RWJ Rahway Fitness & Wellness Center Conference Room.

Spousal Bereavement Group meets seven consecutive Thursdays from 10:30 to noon, starting September 24 and ending November 5. For information, call Jane Dowling, RN, at (732) 247-7490.

Check our website for speaker topics by visiting www.rwjuhr.com and clicking on "Patient & Family Services" and then "Community Information."

Connect with Robert Wood Johnson University

 Hospital Rahway on Facebook at www.Facebook.com/RWJRahway.

RWJ Rahway Fitness & Wellness Center is located at 2120 Lamberts Mill Road, Scotch Plains, NJ.

SEPTEMBER

**▶ 15**

Jersey Strong: The Garden State's Bounty: Cooking Demonstration—7 p.m., Diane Weeks, RD, Chef*

**▶ 16**

Sleep Is Good for Stress—7 p.m., Bernardo Toro-Echague, MD, Internal Medicine

17

About Those Carbs: Cutting Back or Cutting Out?—6 p.m., Lauren Bernstein, MS, RD, CDE

OCTOBER

**▶ 6**

Cooking to Prevent Cancer: Cooking Demonstration—7 p.m., Diane Weeks, RD, Chef*

7

Evidence-Based Exercise in Breast Cancer Recovery: Talk, Demonstration, Participation—5:30 p.m., Physical Therapist Linda Bernot, PT, OCS

10

Health and Fitness Fair—9 a.m. to 1 p.m., A day full of fitness, food, and fun for the whole family.

12

What Is Reiki?—6:30 p.m., Sue Popek, LPN, Reiki Master, and Paula Rovinsky, RN.

NOVEMBER

**▶ 3**

Vegetarian Thanksgiving Ideas: Cooking Demonstration—7 p.m., Diane Weeks, RD, Chef*

**▶ 11**

What Medical Tests Do Seniors Really Need?—6 p.m., Jolanta Kibilska-Borowski, MD, Internal Medicine

**▶ 17**

New Developments for Treating Atrial Fibrillation—6 p.m., Paul Schackman, MD, Cardiology

**▶ 17**

Healthy Holiday Desserts—They Exist!: Cooking Demonstration—7 p.m., Diane Weeks, RD, Chef*

24

Sleep and Weight: What's the Connection?—6 p.m., Anubha Sinha, MD, Pulmonology

Health Education programs are free, open to the community. Non-Fitness Center Members are welcome to attend. Please call ahead to let us know you are coming — (732) 499-6193.



Healthy Cooking demonstrations at RWJ Rahway Fitness & Wellness Center, 2120 Lamberts Mill Road, are free and open to all, but space is limited. Call (732) 499-6193 to tell us you are coming.



▶ **21** **Cardiac Testing: What, When, and Why?**—6 p.m., Paul Schackman, MD, Cardiology



▶ **29** **Aortic Stenosis Explained: Who's at Risk?**—6 p.m., Danny Wang, MD, Cardiology



▶ **29** **Use more Herbs! They Add Nutrients and Flavor: Cooking Demonstration**—7 p.m., Diane Weeks, RD, Chef*



▶ **14** **Anxiety, Phobias, and Your Health**—6 p.m., Kamran Tasharofi, MD, Internal Medicine



▶ **20** **Eastern Mediterranean—Greece, Turkey: Cooking Demonstration**—7 p.m., Diane Weeks, RD, Chef*

24 **Reiki Level I Class**—10 a.m.–5:30 p.m., Learn the basics of Reiki. This class has a fee. Call (732) 499-6109.



▶ **27** **Cardiac Arrest: Who's at Risk?**—6 p.m., Amish Patel, DO, Cardiology

Family Fitness

Healthy Kids, Healthy Families

Parents, if your child has a problem with weight, we can help. Our SHAPEDOWN® program is a family-centered weight management program that blends nutritional education, exercise and fun. Shapedown helps the whole family eat better, live better. Program is eight weeks, beginning October 8 from 6:30–8 p.m. at the RWJ Rahway Fitness & Wellness Center. For more information call, (732) 499-6109.

Got Stress?

Stress Management Series With Frank Mathews

Mondays, October 26 and November 2, 9, 16, and 23 7–9 p.m. Stress Management educator Frank Mathews leads a five-part series from 7–9 p.m. Cost for all five sessions is \$90, \$75 for seniors. To register, call (908) 276-2469.

SAVE THE DATE!

Fun and Fashion for a Good Cause

“The RWJ Rahway Fashion Show and its Committee are dedicated to supporting Robert Wood Johnson University Hospital Rahway,” says Marlene H. Lubinger, RWJ Rahway Foundation President. “The proceeds from this event have benefited the patients, services, and facilities of RWJ Rahway.”

Held at the Bridgewater Marriott, the 24th annual RWJ Rahway Foundation Fashion Show and Boutique Auction will take place on Saturday, Nov. 14, 2015, at 11 a.m. Reserve a ticket for \$60 or an entire table of 10 people for \$600. Join more than 300 ladies to chat over food, compete for prizes, and cheer on the runway participants.

To reserve a ticket, donate a prize, make a donation, or learn more about the Fashion Show, please contact the Foundation Office at (732) 499-6135 or foundation@rwjuhr.com.



Michele Chen, First Honorary Fashion Show Chair, accepts bouquet for her help in making the 2014 show the most successful yet. Left to right: Marlene H. Lubinger, RWJ Rahway Foundation President, Honorary Chair Michele F. Chen, Cindy Timoni, Fashion Show Committee Chair, Foundation Chair Michael Widmer, and Kirk Tice, President and CEO.

Health Education programs are free, open to the community. Non Fitness Center Members are welcome to attend. Please call ahead to let us know you are coming — (732) 499-6193.

THE ROSE WWW.RWJUHR.COM

CARTERET

ALL PRESENTATIONS ARE HELD AT THE RWJ RAHWAY FITNESS & WELLNESS CENTER AT CARTERET.


Healthy Resolutions

RWJ Rahway Fitness & Wellness Center in Carteret is located at 60 Cooke Ave.

This is just a sample!

For a complete listing of events at both RWJ Fitness & Wellness Center locations in Scotch Plains and Carteret, call (732) 499-6193.

Connect with Robert Wood Johnson

 University Hospital Rahway on Facebook at

www.Facebook.com/RWJRahway.

For more information or to arrange a tour of the Carteret facility, call (732) 541-2333.

Visit our website at www.RWJFitnessCarteret.com.

Diabetes Support Group

Meets the first Tuesday of each month from 7 to 8:30 p.m. at RWJ Rahway, 865 Stone St., Rahway. For more information, call (732) 499-6109. Free.

Parkinson's Support Group

Meets the second Wednesday of each month from 1 to 3 p.m. in Conference Room #3, RWJ Rahway, 865 Stone St., Rahway. For more information call (732) 499-6193. Free.

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SEPTEMBER

- 8 Diabetes: Are You on the Borderline?**—6:30 p.m., Lobby. Diabetes does not have to be your destiny. Find out how to prevent it. Small group counseling with diabetes educator, Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator.

OCTOBER

- 7 The Goal Is Control**—6 p.m., Lobby. Gary Paul, Certified Diabetes Educator, Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.
- 13 Diabetes: Are You on the Borderline?**—6:30 p.m., Lobby. Diabetes does not have to be your destiny. Find out how to prevent it. Small group counseling with diabetes educator, Paula Rovinsky, MA, RN, HNB-BC, Certified Diabetes Educator.

NOVEMBER

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Help Your Child Reach a Healthy Weight

Many of today's children face an uphill battle with weight. Fortunately, help is available with SHAPEDOWN®, RWJ Rahway's weight management program for children and teens from age 8 to 15.

SHAPEDOWN combines sensible nutrition, activity, and behavior modification with a healthy serving of fun. Our team—a registered dietitian, nurse,

and exercise physiologist—provide the education, support, and motivation for a healthier lifestyle.

One evening per week for eight weeks, SHAPEDOWN is effective because it focuses on the family—those with the greatest influence on the child. For this reason, one parent or guardian is required to participate in each session. This program has a fee.

The program takes place at the RWJ Rahway Fitness & Wellness Center, Scotch Plains. For more information, call (732) 499-6109.



The information in this magazine is intended to educate readers about pertinent health topics; the information is not intended to replace or substitute for consultation with a physician or professional medical care. Please see your physician if you have health problems or concerns. Robert Wood Johnson University Hospital Rahway is a proud member of the RWJ Health System, which includes Robert Wood Johnson University Hospital New Brunswick, Robert Wood Johnson University Hospital Hamilton, Robert Wood Johnson University Hospital Somerset, and Children's Specialized Hospital.

Avoiding Antibiotic Resistance

Last winter, you were miserable until your prescription kicked in, but antibiotics are not always the best treatment for what ails you.

Healthy people have bacteria in their noses, bellies, and mouths, and on their skin. We need a variety of bacteria for digestion or to protect us from other "bugs" that can cause infection.

"When you take an antibiotic, it evicts bacteria from your body, making room for antibiotic-resistant bacteria that can cause infections when they go through protective barriers in our skin or lungs," says Juan Baez, MD,

Chair of the Division of Infectious Diseases, President of the Medical Staff, and Board Member at Robert Wood Johnson University Hospital Rahway. "Discuss the pros and cons before taking antibiotics, because frequent antibiotic use can kill the good with the bad."

REDUCING RESISTANCE

Extended-spectrum beta-lactamases (ESBL), carbapenem-resistant Enterobacteriaceae (CRE), and methicillin-resistant *Staphylococcus aureus* (MRSA), are different bugs that have learned to become resistant to antibiotics. MRSA is a bacteria often found on skin that is a leading cause of healthcare-associated infections. According to the Centers for Disease Control and Prevention, 80,461 severe cases of MRSA infection are diagnosed each year.

"MRSA takes advantage of skin trauma and quickly causes destruction of cells and tissue under skin," Dr. Baez says. "Once, this bacteria was only found in hospitals, but now it's in the community. At RWJ Rahway, staff work to prevent transmission of bacteria from one patient to another and practice a judicious use of antibiotics to help limit the growth of antibiotic-resistant bacteria."

Need a physician? Call 1-888-MD-RWJUH (637-9584) to find an RWJ MD in your area.