

RWJ
RAHWAY

The
Rose

WEIGHT-LOSS SURGERY:

Transform
YOUR LIFE!

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RWJ

UNIVERSITY HOSPITAL
RAHWAY

ROBERT WOOD JOHNSON HEALTH SYSTEM

Dear Friends,

This is the beginning of an exciting new era for health care in New Jersey as Barnabas Health and Robert Wood Johnson Health System have united to create the most comprehensive health system in the state, RWJBarnabas Health. Together, we bring the best of academic medicine, research, and teaching and community providers together to create healthier communities.

For our patients this means greater, more convenient access to high-quality care, the development of advanced new services and the expansion of and access to cutting-edge clinical trials. Our systems contributed a combined total of more than \$550 million a year in community benefit services. These investments go toward outreach and engagement programs, and programs with schools and religious groups to keep people healthy. Together we will be able to accomplish even more.

As one, we are positioned to better combat disease and promote wellness in our region – truly making our communities healthier while also making health care more affordable.

We look forward to serving you for generations to come.

Sincerely,



Kirk C. Tice
President and CEO



RWJBarnabas Health is the most comprehensive healthcare delivery system in New Jersey. The system includes 11 acute care hospitals – **Clara Maass Medical Center in Belleville** • **Community Medical Center in Toms River** • **Jersey City Medical Center in Jersey City** • **Monmouth Medical Center in Long Branch** • **Monmouth Medical Center Southern Campus in Lakewood** • **Newark Beth Israel Medical Center in Newark** • **RWJUH in New Brunswick and Somerset** • **RWJUH Hamilton** • **RWJUH Rahway Saint Barnabas Medical Center in Livingston**. The system also includes three acute care children's hospitals and a leading pediatric rehabilitation hospital **Children's Specialized Hospital**, a freestanding 100-bed behavioral health center, ambulatory care centers, geriatric centers, the state's largest behavioral health network, comprehensive home care and hospice programs, fitness and wellness centers, retail pharmacy services, a medical group, multi-site imaging centers, and four accountable care organizations. For more, visit RWJBHinfo.org.

FOUNDATION LAUNCHES RWJ RAHWAY 100TH ANNIVERSARY CELEBRATION ROSE BALL

Nearly 350 RWJ Rahway friends and family came out to celebrate the 100th Anniversary Celebration launch and honor 2016 Guardian of the Rose, Kirk Tice, RWJ Rahway President and CEO, and Order of the Rose, Phillips 66 Bayway Refinery.

The evening was filled with surprises, old friends, new friends, and wonderful memories as we begin our second century.

Michael Widmer, Foundation Chair, toasted our future and kicked off the million-dollar 100th Anniversary Fund Campaign to improve patient care. This year we are renovating medical-surgical Unit 2E with a new state-of-the-art bronchoscopy suite.

The campaign has already raised nearly \$320,000, which includes the proceeds from the gala and 100th Anniversary Fund contributions. A \$125,000 lead gift from the RWJ Rahway Auxiliary launched the campaign in the tradition of the first auxiliaries who started it all.



"You can't have a celebration like this without a cake!" says Christine Kline, Rose Ball Committee Chair, second from right. Also pictured are (L to R): Marlene H. Lubinger, Michael Widmer, Stephen Timoni, Kirk Tice, and Juan Baez, MD, RWJ Rahway Medical/Dental Staff President.



(L to R): Michael Widmer, Foundation Chair; Phillips 66 Bayway Refinery's Nancy Sadlon, Public Affairs Manager; Neil Spracklen, Operations Manager; and Mary Phillips, Community Relations Coordinator; Christine Kline, Rose Ball Committee Chair; Stephen Timoni, RWJ Rahway Chair; Kirk Tice, President and CEO; Marlene H. Lubinger, Foundation President; and Louis LaSalle, Senior Vice President External Affairs, RWJBarnabas Health.

SUMMER 2016

1917-1936

FINDING OUR FOOTING



When The Rahway Hospital opened in 1917, the world was at war. The war's end the following year brought about an era in the United States that included the prosperous 1920s and the deprivations of the Great Depression. As the country began to recover in the mid-1930s, governments in Europe and Asia sowed the seeds of the next global struggle. As part of a yearlong series commemorating Robert Wood Johnson University Hospital Rahway's 100th anniversary, let's explore our first two decades, 1917-1936.



WOUND CARE HAS COME A LONG WAY

THEN

In 1917, the pressing challenge in the field of wound care was dealing with the unprecedented amount of traumatic injuries suffered by soldiers in World War I. Physicians and nurses used antiseptics, debridement, and a strategy of delaying wound closure for 24 to 48 hours to prevent infection, their primary concern. This strategy largely eliminated the use of amputation as a means of thwarting infection.

NOW

Amputation can be avoided by restarting the healing process with hyperbaric oxygen therapy and other tools at RWJ Rahway Center for Wound Healing & Hyperbaric Medicine. The Wound Center uses biologic skin substitutes for skin grafting, and antibiotics, in combination with hyperbaric oxygen therapy—exposure to 100 percent oxygen in a total body chamber—to restore patient's quality of life.



SEEKING SUPPORT

THEN

Our hospital has always relied on the community's generosity to maintain and enhance the quality of its services, but the ways we obtain this assistance have evolved. In our first two decades, we raised funds through sales of roses from local gardens and by holding card parties, block dances, rummage sales, and other special events, including a 1926 musical comedy show.

NOW

The RWJ Rahway Foundation offers donors numerous ways to give and continues the tradition of save-the-date fundraisers with events such as the Rose Ball.



BETTER TOGETHER

THEN

In the 1910s, '20s, and '30s, The Rahway Hospital—and then, beginning in 1929, Rahway Memorial Hospital—cared for our community as an independent healthcare facility.

NOW

Many community and teaching hospitals are partnering to deliver comprehensive care and enhance patients' access to specialty services. These benefits in part drove Robert Wood Johnson Health System's merger with Barnabas Health.

HISTORY-MAKING ACHIEVEMENTS

1917 English-born American medical scientist Oswald Robertson introduces blood preservation and develops the first blood banks while serving with the U.S. Army Medical Corps in France.

1922 Fourteen-year-old Canadian Leonard Thompson becomes the first person with diabetes to be treated with insulin.

1936 South African-born American virologist Max Theiler develops a vaccine for yellow fever.

FASCINATING FACTS

1919 In one of the biggest scandals in American sports history, the Chicago White Sox lose the World Series to the Cincinnati Reds after eight Sox players conspire to throw the Series.

1920 Ratification of the 19th Amendment to the U.S. Constitution gives women the vote.

1927 Cancer becomes a top-three cause of death in the U.S., joining influenza and pneumonia.

WEIGHING IN ON BARIATRIC SURGERY

With all the misconceptions surrounding weight-loss surgery, it can be difficult to make an informed decision. It's time to get to know the real bariatric surgery.

WHAT IT IS

TAILORED

There are three primary options for bariatric surgery: gastric sleeve, gastric bypass, and gastric band. Each option comes with its own set of advantages and disadvantages. With your doctor's guidance, you can find the option that is the best fit for you.

"We look at the patient's medical history, preferences, and ability to comply with the postoperative requirements," says Anish Nihalani, MD, FACS, Medical Director of RWJ Surgical Weight-Loss Program at Rahway. "If he or she has diabetes, gastric bypass is usually the best option. Gastric bypass and gastric sleeve are nonreversible. Gastric banding is adjustable and reversible, but if a patient doesn't want a foreign body (silicone ring) around his or her stomach and an access port, we would suggest gastric sleeve or bypass."

EFFECTIVE

Not only is bariatric surgery a reliable way to achieve stable weight loss, but it can also improve patient health with regard to sleep apnea, Type 2 diabetes, high blood pressure, and heart disease.

"Eighty-five to ninety percent of patients will keep their weight off five to 10 years after bariatric surgery," Dr. Nihalani says. "However, only 10 to 15 percent of patients who lose weight without surgery will be able to keep it off."

A LIFESTYLE

The procedure itself is only a small portion of the bariatric surgery process. You must adopt a whole new lifestyle, diet, and exercise routine to lose weight and keep it off.

"We cover everything patients need to be successful after surgery," Dr. Nihalani adds. "We even teach behavioral modification techniques, such as how to chew, how quickly to eat, what to eat first, eating more protein, and other tips to allow them to feel fuller."

A TEAM EFFORT

Moving forward with bariatric surgery is a lifetime commitment. Fortunately, Robert Wood Johnson University Hospital Rahway ensures you don't have to do it alone.

"We have a comprehensive program," Dr. Nihalani says. "We have a registered dietitian, support group, fitness coaches, and a bariatric coordinator who are all invested in each patient's success."

Is Weight-Loss Surgery Right for You?

Learn more about weight-loss surgery and your health at our free lectures presented by Anish Nihalani, MD, FACS, Medical Director of RWJ Surgical Weight-Loss Program at Rahway.

See our calendar on page 7 for details.

“Bariatric surgery is a life-changing experience. Patients feel more energetic and that they finally have their lives back.”

—ANISH NIHALANI, MD, FACS,
MEDICAL DIRECTOR OF RWJ
SURGICAL WEIGHT-LOSS
PROGRAM AT RAHWAY



WHAT IT'S NOT



DANGEROUS

Bariatric surgery is far safer than its alternative: obesity. With the growing popularity of laparoscopic bariatric surgery, the healing process has also become quicker and easier.

“The most common misconception is people think it’s too risky,” Dr. Nihalani says. “In reality, the exact opposite is true. The risk you take in not having surgery is greater than the risk of having surgery.”

A QUICK FIX

With any bariatric surgery option, it may take several years to reach your weight-loss goal. It will also require you to adopt healthier habits for the rest of your life.

“Bariatric surgery is not an easy way out,” Dr. Nihalani explains. “We expect our patients to be committed to the program. It’s not just a surgical program, it’s a comprehensive weight-loss program. Unlike fad diets and exercise programs, the results are long lasting.”

COSMETIC

Bariatric surgery is designed to treat the very real and very hazardous health issues associated with obesity. It is not an option for those seeking to immediately lose weight without effort.

“People often think of bariatric surgery as a cosmetic procedure,” Dr. Nihalani states. “This is definitely not the case. It’s a medically necessary surgery that is covered by insurance companies.”

THE RESULT OF FAILURE

Bariatric surgery demands dedication and hard work. Bariatric surgery is just the initial push some people need to find long-term success.

“Bariatric surgery can’t be the result of failure,” Dr. Nihalani says. “It isn’t about just doing *this* because you failed at *that*. Bariatric surgery is taking the first of many big steps toward a healthier life.”

Want to learn more about bariatric surgery at RWJ Rahway? Make an appointment by calling (732) 499-6300 today.



ARE YOU A CANDIDATE?

Bariatric surgery isn’t for everyone. Talk with your bariatric surgeon about specific guidelines to qualify for weight-loss surgery. To consider it, you should:

- Have a BMI greater than 35 and an obesity-related health problem, such as high blood pressure, diabetes, sleep apnea, or heart disease
- Show that you’ve attempted weight-loss efforts in the past and you haven’t been successful
- Participate in a nutritional evaluation
- Pass a psychological evaluation

A LIFESTYLE

Lift

Richard Santiago Sr.

Gaining Control

Diagnosed at age 75 with Type 2 diabetes, George Schwetje of Rahway came to the Diabetes Self-Management Center at Robert Wood Johnson University Hospital Rahway with an A1C level of 14. Normal A1c is 5.7 or less.

"I told Paula [Rovinsky, MA, RN, Certified Diabetes Educator at RWJ Rahway] I was scared to death of losing my sight, my toes, or my leg," Mr. Schwetje says. "Paula gave me my blood sugar meter and told me how and when to check my sugar, and I learned how to watch what I eat."

He continued going to education classes to keep himself in check. Thanks to his persistence, Mr. Schwetje's A1c levels fell to 5.8 percent—one-tenth of a point above someone without prediabetes.

"Diabetes is an evolving disease," Ms. Rovinsky says. "If you notice your blood sugar is rising, you might need changes in your diet or medication. Complications from diabetes do not have to be your destiny."

Diabetes Management Team, left to right: Exercise Physiologist Gary Paul, Dietitian Lauren Bernstein, Nurse Paula Rovinsky. Not pictured: Dietitian Kanika Gandhi, and Pharmacist and Program Manager Angela Bacque



Richard Santiago Sr., a 52-year-old weightlifter, gym owner, and professional trainer, considered himself healthy and active. He was shocked when his blood sugar levels indicated he had prediabetes and was on his way to Type 2 diabetes.

"I GOT DEPRESSED because my father had diabetes and I saw what he went through," Mr. Santiago says. "He didn't take care of himself and had many health problems before passing away at the early age of 59. I knew that when you have diabetes, if you don't take care of yourself, it can lead to worse things."

Mr. Santiago's education started at the Diabetes Self-Management Program at Robert Wood Johnson University Hospital Rahway with Lauren Bernstein, MS, RD, Certified Diabetes Educator.

"No one diet fits all," Ms. Bernstein says. "We assess each patient's lifestyle and eating habits and plan a diet program that suits them. There's a misconception that you have to completely cut out certain foods, but even minor changes can make a big difference."

Although Mr. Santiago was familiar with some types of exercise, he also worked with Gary Paul, MS, Registered Clinical Exercise Physiologist and Certified Diabetes Educator at RWJ Rahway, to figure out the best exercise method to control his sugar levels.

"Exercise can be a diabetes medicine, but just like any other medication, too weak a dose is ineffective and too strong a dose is detrimental," Mr. Paul says. "With Richard, we encouraged him to target his legs more in exercise and recommended a 7-percent decrease in his body weight."

WEIGHT OFF HIS MIND

In April, more than six months after his prediabetes diagnosis, Mr. Santiago had lost 19 pounds, and he still keeps his blood glucose well-controlled.

"When you're educated about diabetes, you are in control," Mr. Santiago says. "My diabetes education gave me peace of mind. At first I was scared, like I was running blind through a dark room. Knowing how to handle my disease took that fear away from me."

Want to learn how diabetes management fits with your life? Call the Diabetes Self-Management Center at (732) 499-6109.



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

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



SCOTCH PLAINS

PROGRAMS + SUPPORT GROUPS


JUNE

- 1** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 1** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 1** Breast Cancer Support Group
5:30 p.m.
- 2** Cancer Support Group
7 to 8:30 p.m. | Professionally run group provides a comfortable setting to discuss shared experiences.
- 2** Fibromyalgia Support Group
5:30 to 7 p.m.
- 7**  Healthy Cooking: Foods of Spain*
7 p.m. | Diane Weeks, RDN, Chef
- 9**  Supplements That Extend Life?
6 p.m. | Bernard Toro-Echague, MD, Internal Medicine. Learn about intriguing findings that supplements can affect DNA.
- 23** Is Weight-loss Surgery Right for You?
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.
- 28** Breathe Easier: Managing COPD
6 p.m. | Carlos Remolina, MD, Pulmonology
- 28** Healthy Cooking: Tasty Lunches*
7 p.m. | Diane Weeks, RDN, Chef
- 29** Maybe Your Mouth Is Causing that Head and Neck Pain.
6:30 p.m. | Richard Olin, DMD, Dentistry. Dr. Olin outlines how your teeth and jaw can cause head and neck pain.

JULY

- 5**  Healthy Cooking: Main-Dish Salads*
7 p.m. | Diane Weeks, RDN, Chef
- 6** Adult Bereavement Support
1:30 p.m. to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
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3:30 to 5 p.m. | 7 to 8:30 p.m.
- 6** Breast Cancer Support Group
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- 7** Cancer Support Group
7 to 8:30 p.m. | Professionally run group provides a comfortable setting to discuss shared experiences.
- 7** Fibromyalgia Support Group
5:30 to 7 p.m.
- 19** Healthy Cooking: All About Herbs*
7 p.m. | Diane Weeks, RDN, Chef
- 21**  Supplements That Extend Life?
6 p.m. | Bernard Toro-Echague, MD, Internal Medicine. Learn about intriguing findings that supplements can affect DNA.
- 26** Is Weight-loss Surgery Right for You?
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AUGUST

- 3** Adult Bereavement Support
1:30 to 3 p.m. | For more information, call Jane Dowling, RN, at (732) 247-7490.
- 3** Care for the Caregiver
3:30 to 5 p.m. | 7 to 8:30 p.m.
- 3** Breast Cancer Support Group
5:30 p.m.
- 4** Cancer Support Group
7 to 8:30 p.m. | Professionally run group provides a comfortable setting to discuss shared experiences.
- 4** Fibromyalgia Support Group
5:30 p.m. to 7 p.m.
- 16**  Healthy Cooking: 30-Minute Dinners*
7 p.m. | Diane Weeks, RDN, Chef
- 30** Healthy Cooking: Celebrating Fruits and Vegetables of New Jersey*
7 p.m., Diane Weeks, RDN, Chef
- 30** Is Weight-loss Surgery Right for You?
6 p.m. | Anish Nihalani, MD, FACS, Bariatric Surgery. Take the first step to a healthier you by finding out if you're a candidate for weight-loss surgery. Learn about the latest procedures at our free program. Registration is required. Please call (732) 499-6193.

SEPTEMBER

- 1** The Latest in Cancer Treatment: Immunotherapy
7:00 p.m. | Kim Hirshfield, MD, PhD, Rutgers Cancer Institute of New Jersey. Learn how the body's immune system can be used as treatment.

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.rwjahr.com and click on "News & Events." 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.

If you'd like a calendar of events delivered to your inbox each month, email dmancuso@rwjahr.com.

Check our website for speaker topics by visiting www.rwjahr.com and clicking on "Patient 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.



*** Healthy Cooking demonstrations feature Registered Dietitian Diane Weeks. Our popular cooking demonstrations provide recipes and samples. The food is mostly plant-based and heart-healthy. Please call ahead to secure a spot. (732) 499-6193**



 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 RWJBarnabas Health.

CARTERET

PROGRAMS + SUPPORT GROUPS

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

JUNE

- 1** **The Goal Is Control**
6 p.m. | Lobby
Gary Paul, Certified Diabetes Educator, Clinical Exercise Physiologist, shares tips and techniques for managing diabetes or keeping diabetes from being your destiny if you are considered borderline. Free, nonfasting glucose test included. Through small group or individual counseling, these free sessions help you learn the goal of controlling blood sugar.

JULY

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HELD AT RWJ RAHWAY HOSPITAL | RWJ Rahway Hospital is located at 865 Stone Street, Rahway.

- 7** **Diabetes Support Group**
7 to 8:30 p.m. | at RWJ Rahway.
For more information, call (732) 499-6109. Free.
- 8** **Parkinson's Support Group**
1 to 3 p.m. | Conference Room #3, RWJ Rahway. For more information, call (732) 499-6193. Free.

- 5** **Diabetes Support Group**
7 to 8:30 p.m. | at RWJ Rahway.
For more information, call (732) 499-6109. Free.
- 13** **Parkinson's Support Group**
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For more information, call (732) 499-6109. Free.
- 10** **Parkinson's Support Group**
1 to 3 p.m. | Conference Room #3, RWJ Rahway. For more information, call (732) 499-6193. Free.

Now Accepting Horizon Blue Cross
Blue Shield of New Jersey



Visit our website at www.RWJFitnessCarteret.com.

Connect with Robert Wood Johnson University Hospital Rahway on Facebook at www.facebook.com/RWJRahway.