

# AtlanticView

at Chilton | Fall 2019/Winter 2020



MOMENTS THAT MATTER  
**A SECOND  
CHANCE AT LIFE**  
Read Gina's Story on Page 6

The Next Level in  
Emergency Care

Dietitians Support  
Patient Recovery With  
Nutritional Expertise



Atlantic Health System  
Chilton Medical Center

Nationally Recognized for High Quality Care



Dear Friends,

Whether you like sports, outdoor activities or just enjoying the cooler weather, there's something for everyone in the fall. We also have something for every age and interest in this issue of *AtlanticView at Chilton*.

Dr. Phillip Devadan describes the unique family-centered philosophy behind the Chilton Children's Center, designed specifically to care for our youngest patients and provide a supportive environment for their families. He also explains how our staff members calm children's fears and anxiety when they visit, and offers parents helpful tips for understanding some of the symptoms and conditions that may warrant a trip to the Emergency Department.

Please take a moment to read about local first responder Gina Westhoven. After receiving life-saving treatment at Chilton following an alarming diagnosis, Gina is making the most of what she calls "her second chance at life." Gina's story is an inspiration to patients across the country waiting for a heart transplant.

As fall and winter holidays near, paying careful attention to fitness and nutrition is especially important. Read our Chilton dietitians' suggestions for healthy eating and learn about the FDA's planned changes to food labeling. Finally, remember that any time of year is a good time to begin a fitness regimen. Visit our Community Calendar to find the right fitness and informational programs for you.

The seasons may change, but Chilton Medical Center is proud to serve as your community hospital, providing the best care, close to home.





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**Atlantic Health System**, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,747 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

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**OFFICIAL  
HEALTH CARE  
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## WE WANT TO HEAR FROM YOU

Would you like to share your experience at Chilton? Please help us spread the word and help more people in our community.

Review us on Facebook, Google or Yelp.

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# CEO's corner

## Determined to Improve Health

What is the biggest factor in a person's life when it comes to staying healthy? Living near a world-class hospital? Access to exceptional physicians? Perhaps the key is good genes?

These components play a vital role in our health, but studies have shown the most important factor comes from the **conditions where we are born, grow, work, live and age**. These elements are known as social determinants of health, and caregivers are increasingly aware of the role they play in our well-being.

Atlantic Health System's **Transitions of Care program** is how we coordinate care to address social determinants of health. As you'll read in this issue, collaboration among our multidisciplinary teams of health professionals helps ensure physical, behavioral and social needs are considered in providing the right care, at the right time, in the right place.

While health systems play an important role in healing many of the problems caused by social determinants of health, we cannot alone repair the circumstances that create them. **That is something we must all do together.**

I hope you enjoy this edition of *AtlanticView*, and thank you for entrusting Atlantic Health System with your care.



*Brian A. Gragnolati*

Brian A. Gragnolati  
President & CEO,  
Atlantic Health System

## health briefs

Working Toward a Healthier Community



Now in its fourth year, **#AskHer** is a movement that has impacted thousands of lives in our communities. Speak up and start the conversation now about breast health.

Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection literally saves lives.

**Book online at [atlanticealth.org/askhernow](http://atlanticealth.org/askhernow), call 973-829-4263 or text ASKHER to 555-888.**



The American Heart Association and American Stroke Association recognizes Chilton Medical Center and its continued success in using the **Get with the Guidelines®-Stroke and Target: Stroke<sup>SM</sup>** programs.

## FDA CHANGES NUTRITION FACTS ON FOOD LABELS

By January 2020, consumers will see a different nutrition label on foods when the FDA's new rules take effect for most packaged foods. In addition to larger type for serving sizes and calories, a new line item for "added sugar" will appear under the carbohydrate category.

Including added sugars is one of the best things on the new labels. Added sugars include sugars that are added during processing as well as sugars that come from concentrated fruit juice.

Fruit juice concentrates are usually made from apple or white grape juice and there is nothing healthy about them. The original fruits are healthy, but when you strip them of water, fiber and nutrients, the remaining fruit

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
<b>Serving size 2/3 cup (55g)</b>	
<b>Amount per serving</b>	
<b>Calories 230</b>	
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

**Servings:** larger, bolder type

**Calories:** larger type

**Updated daily values**

**Actual amounts declared**

**New footnote**

**Change in nutrients required**

**New: added sugars**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

juice concentrate is nothing more than a healthier sounding form of sugar.



\* Source: The Leapfrog Group, a national patient safety group

## CHILTON MEDICAL CENTER

One of the safest hospitals in the nation

Clinical excellence, teamwork and our strong commitment to our patients who put their health in our hands, allowed Chilton Medical Center to earn an A rating for patient safety.

## For the New Diversity Officer, This Job Is Personal



Confidence in the care you receive is essential to your mental and physical well-being, says Atlantic Health System's new chief diversity officer, Armond Kinsey. He speaks from experience.

"At age 19, I lost my mother due, in part, to a lack of reliable health care," Kinsey says. "From that experience, I realized that no matter your age, language, beliefs or ZIP code, we all deserve access to great care."

Kinsey joins Atlantic Health System from Kaiser Permanente, where he was instrumental in initiatives that resulted in that organization's highest rankings on DiversityInc's list of "Top 50 Companies for Diversity and Inclusion."

As chief diversity officer, Kinsey will ensure that all team members at Atlantic Health System have the resources they need to care for, and communicate with, the system's diverse patient population.

"Identifying and removing barriers to great care will change lives," he says. "I am thrilled to lead our efforts to accomplish that goal."

**"I'm also proud to announce that all our hospitals have been designated as a 2019 LGBTQ Healthcare Equality Leader from the Healthcare Equality Index 2019."**

**– Armond Kinsey**



## ATLANTIC HEALTH SYSTEM, KINDRED HEALTHCARE CELEBRATE COMPLETION OF BRAND-NEW, TWO-STORY REHABILITATION HOSPITAL IN MADISON

### Atlantic Rehabilitation Institute provides modernized home for inpatient rehab

Atlantic Health System and Kindred Healthcare marked the completion of Atlantic Rehabilitation Institute, a brand-new state-of-the-art inpatient rehabilitation hospital combining the expertise of two leaders in high-quality patient care. The new \$24 million, two-story, 38-bed rehabilitation hospital is located off Route 124 at Giralda Farms in Madison, NJ.

"Joining forces with a nationally recognized leader allows us to expand access to extraordinary rehabilitation services in our communities," says Amy Perry, senior vice president, Integrated Care Delivery, and CEO of Atlantic Health System's Hospital Division. "We are proud to partner with Kindred to provide top-caliber patient care in the exceptional healing environment that has been created at Giralda Farms."

The new, modernized hospital greatly expands the breadth of capabilities and resources available for treatment, to help return function to patients and better prepare them to resume everyday functions. It includes:

- Bionic, assisted movement systems, such as the motorized exoskeleton system by Ekso Bionics and the Bionik InMotion ARM, which help patients walk and to regain movement to their arms following stroke, spinal cord injury, orthopedic surgery, multiple sclerosis and more
- A state-of-the-art gym with new equipment such as a total body movement simulator
- A simulated home space, with a full kitchen, bathroom, and a washer and dryer, to practice return-to-home activities
- Bariatric rooms designed for obese patients and a specialty bathroom allowing chair-bound patients to be bathed
- A secured and monitored brain injury unit with a dedicated gym
- Multiple surfaces to practice real-world walking, a ramp, stairs, and a simulated curb with a wheelchair cutout

**For more information, please visit [atlanticrehabinstitute.com](http://atlanticrehabinstitute.com).**

# Atlantic Anywhere MAKING HEALTH CARE MORE CONVENIENT

**W**hen was the last time you shopped online? Booked a ride from your phone? Texted a family member? The latest version of Atlantic Health System's mobile app, Atlantic Anywhere, offers the convenience we are used to experiencing through online scheduling, video visits with physicians, access to test results, the ability to communicate with your doctor, indoor GPS within hospitals, and so much more.

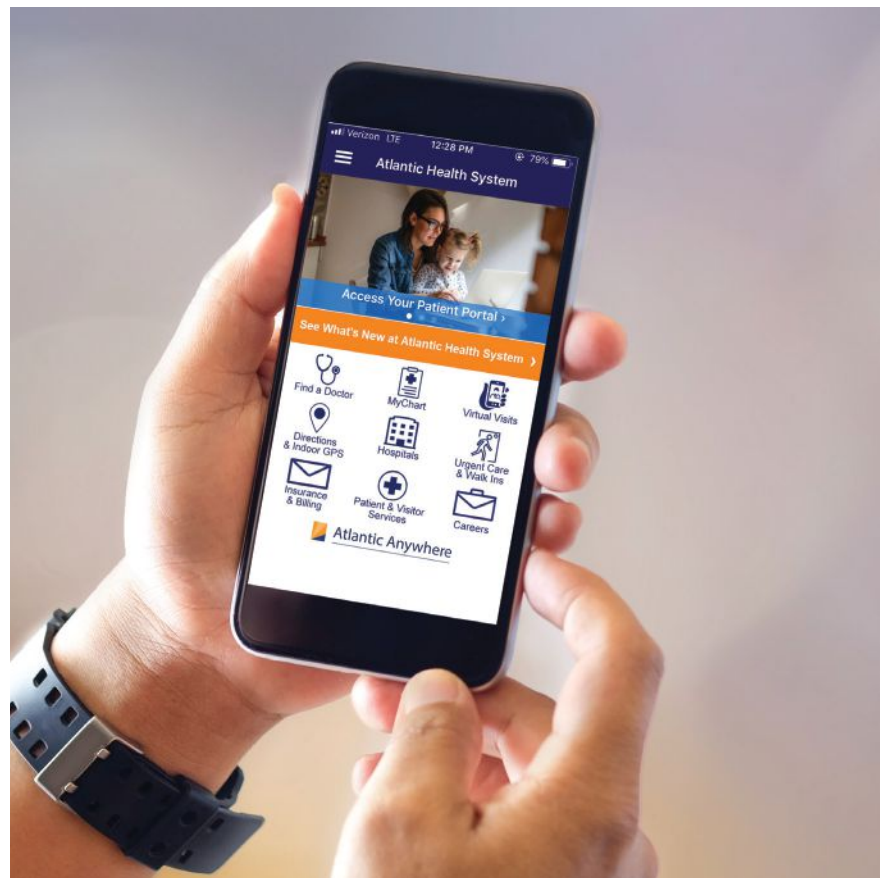
"Technology is an important member of our care team and can take away some of the pain traditionally associated with managing your health," says Valerie Simon, chief marketing officer, Atlantic Health System. "Atlantic Anywhere provides access to the care you need ... right from your phone."

## **FIND AND SCHEDULE YOUR NEXT DOCTOR APPOINTMENT**

Quickly and easily search all Atlantic Medical Group doctors along with all physicians on staff at each of our hospitals. Appointments with hundreds of our Atlantic Medical Group physicians can now be booked online in just a few clicks when it is most convenient for you.

## **RECEIVE ON-DEMAND MEDICAL CARE FROM YOUR PHONE THROUGH A VIRTUAL VISIT**

The Atlantic Anywhere mobile phone app now features "Virtual Visits," an online consultation with a board-certified physician, for on-demand medical care. "Virtual Visits ensure that the doctor is always available ... whenever, wherever you need," says Carol Vargas, vice president of Integrated Care Delivery, Atlantic Health System.




## **ACCESS MYCHART, YOUR PATIENT PORTAL**

Atlantic Anywhere offers access to MyChart, a secure online portal that offers access to your medical record. MyChart provides access to lab and test results, as well as the ability to make appointments, receive appointment reminders, communicate with your doctors' office, pay hospital bills and more.

## **LOCATIONS AND WAYFINDING**

You'll never get lost again with Atlantic Anywhere. It includes maps for all Atlantic Health System locations and integrates with our "Take Me There" apps, which provide indoor GPS navigation for certain sites.

Atlantic Anywhere is just one of several digital doors open to the communities we serve. Connect with us today by downloading the app, visiting [atlantichealth.org](http://atlantichealth.org) and joining the conversation on social media. 

***The free app can be downloaded to a mobile phone by searching "Atlantic Anywhere" from the App Store or Google Play, or visiting [atlantichealth.org/atlanticanywhere](http://atlantichealth.org/atlanticanywhere).***

# A SECOND CHANCE AT LIFE

Perhaps because she was just in her mid-30s, no one suspected the true cause of symptoms that Gina Westhoven, of Lodi, NJ, had been experiencing for months. She went from specialist to specialist. One diagnosed asthma. Another, pneumonia. Her symptoms got worse.

"I was scared and confused why no one had an answer," Gina says.

One winter day, barely able to breathe and with other alarming symptoms, Gina's family doctor, Navpreet Minhas, MD, sent her directly to the Emergency Department at Chilton Medical Center.

"They diagnosed me within four hours, when I had spent four months with specialists trying to figure it out," she says.

The diagnosis was discomfoting. Gina, then 36, had congestive heart failure (CHF).

Gina knew a bit about heart disease – from her father, who died of it at age 45 – and from the patients she saw in her work as an EMT.

"I thought I was going to die in a matter of days," Gina says, recalling the fear she felt then.

Gina's cardiac care had been coordinated by Martin Tabaksblat, MD; Lawrence Blitz, MD, of Cardiology Associates of North Jersey; and Michele Gilbert, APN, a nurse practitioner with the Heart Success program at Chilton. Dr. Tabaksblat made the diagnosis and placed her on all the appropriate cardiac medications while Heart Success provided education and assistance with her care. "Despite the best medical care we gave, Gina remained quite symptomatic," says Dr. Tabaksblat. Dr. Blitz implanted a cardiomems device to help monitor her heart failure. "Cardiomems is a small electronic device that is placed in an artery in the lungs and allows real-time monitoring of the pressures in the heart and lungs," explains Dr. Blitz. "This device has been shown to keep patients with advanced heart failure out of the hospital because we can detect any decompensation of their condition very early and act on it." Michele Gilbert was in frequent contact with Gina and monitored her cardiomems. It soon became apparent that she needed more than the traditional heart failure medication and it eventually became clear that Gina needed to be considered for heart transplant and they recommended an LVAD (left ventricular assist device). A wait for a heart can be long – sometimes a year or more. To give her that time, they implanted an LVAD. Attached directly to her heart and to a battery pack carried on a strap, it would do the pumping work that her damaged heart could not do. Because Chilton is part of Atlantic Health System, patients



like Gina can be seamlessly referred to Morristown Medical Center for more advanced care when it is necessary.

On October 30, 2018, Gina had the surgery at Morristown Medical Center under the expert care of Drs. Marc Goldschmidt and James Slater and Linda Suplicki, RN, MSN, APN, ACNP, CCRN, coordinator of the LVAD program. It gave her a second chance at life, she says.

"I can walk again, breathe again," says Gina, still amazed at the change. "I can live my life without everything, from simple daily activities to my social life, being a struggle."

"All of my friends and family and my medical team encouraged me and supported me at every step," she says. "They helped make the hardest decisions a little bit easier and a little less scary."

Today, Gina is back to work – at a new job, at Atlantic Health System. She is grateful to her medical team for giving her another "second chance" at life as she waits for a heart transplant. ▲

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## Atlantic Medical Group

Drs. Tabaksblat, Blitz, Goldschmidt and Minhas are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Drs. Tabaksblat and Blitz can be reached through their office at 973-831-7455.

Dr. Goldschmidt, located at Gagnon Cardiovascular Institute, can be reached at 973-971-4179.

Dr. Minhas and AMG Primary Care at Oakland can be reached at 973-962-6200.

The Heart Success Program at Chilton Medical Center is available to anyone diagnosed with heart failure. The program offers education on medications and nutrition, working in collaboration with a patient's doctor. For more information, please call 973-831-5466. For information on the Heart Success and VAD program at Morristown Medical Center, call 973-971-4179.

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**To find out more information about Dr. Slater and Atlantic Health System affiliated providers, visit [atlantichealth.org/](http://atlantichealth.org/) doctors. Dr. Slater can be reached at 973-971-7300.**

# PEDIATRIC EMERGENCY DEPARTMENT SAVES LIVES – AND HELPS PARENTS



The physicians and staff at Chilton Medical Center's Pediatric Emergency Department (ED) have mastered the art of reducing the fear a child has when he or she enters the ED.

Phillip Devadan, MD, director of the Pediatric Emergency Department says, "We use a compassionate approach and specialized techniques to put both children and their parents at ease, including soothing artwork and using medications that don't involve a needle, whenever possible."

The Children's Center, a specialty hybrid unit, consists of both pediatric emergency and inpatient beds. Chilton is only the second hospital in the state to offer a pediatric hybrid unit.

"The advantage of the hybrid unit is we always have a pediatrician on 24/7," says Dr. Devadan. "The parents are able to come right into the unit and will have constant contact with the same staff, even if the child has to be admitted to the hospital."

Knowing when to take a child to the Emergency Department is always a challenge for parents. Dr. Devadan says some things to look for include difficulty breathing as well as a prolonged fever lasting more than seven days.

"For extremity injuries, parents should notice if there is tenderness over the bone area or if they are unable to walk," says Dr. Devadan. "Any sort of serious bleeding, head injuries, poison ingestions, episodes of vomiting where they're dehydrated, new skin rashes, or allergies should also be seen in the Emergency Department."

The Pediatric Emergency Department is proud of its average 20-minute wait time and sees patients up to 20 years of age. Dr. Devadan says the doctors and nurses on the unit are trained in pediatrics and pediatric emergency medicine.

"Our family-friendly facility is designed to reduce children's anxiety and our expertly trained staff are devoted to the care of pediatric patients." ▲

**For more information about the Pediatric Emergency Department at Chilton Medical Center, call 973-831-5394.**



"We use a compassionate approach and specialized techniques to put both children and their parents at ease."

– Phillip Devadan, MD

# Breast Cancer Treatments Expanded on Multiple Fronts

**T**remendous progress has been made in a wide range of cancer treatment options, which has led to millions of people in the United States living with cancer. Chilton Medical Center is continuing to make new methods and technologies available to cancer patients – from new surgical techniques, to safer radiation methods, to targeted therapy that precisely attacks an individual’s cancer. Here are some advances Chilton is pioneering to treat women living with breast cancer.

## **SURGICAL ADVANCES CAN RESTORE HEALTH AND CONFIDENCE**

The team of dedicated specialists at Chilton’s Breast Center recognizes the need to also address the psychological and emotional impact of breast cancer. Chilton’s surgeons are skilled in the latest techniques for breast-conserving lumpectomies and mastectomies, including hidden scar surgery and nipple-sparing mastectomy.

“Removing cancer remains our top priority,” says Chilton’s medical director of breast surgery, Margaret Mary Sacco, MD, “but surgical advances have also helped to enhance cosmetic outcomes,” which can help restore body image and self-confidence. “Improved instrumentation allows surgeons to operate through smaller, more concealed incisions around the

dark portion of the nipple, crease at the lower part of the breast (inframammary fold) or armpit area; in many cases, the scars are barely visible.”

“As microsurgery advanced, we also discovered new ways of reconstructing the breast,” states Charbel Chalfoun, MD, a board-certified plastic surgeon who specializes in breast reconstruction. Utilizing the muscle-sparing DIEP flap procedure, for example, surgeons rebuild the breasts using skin, fat and blood vessels from the abdomen, which “lowers the risk of complication and side effects while allowing patients to have natural feeling breasts,” he explains. Chilton is leading the region with the equipment and expertise for this highly complex procedure.

## **SAFER RADIATION TO PROTECT THE HEART**

“While radiation is effective in the treatment of breast cancer, research suggests an association with heart damage in patients treated with radiotherapy in the past, particularly in left-sided breast cancers,” reports Joanne Zhung, MD, Chilton’s medical director of radiation oncology. To protect the heart during radiation, Chilton introduced Deep Inspiration Breath Hold, which repositions the heart during treatment, exposing it to less radiation. Before



radiation is delivered, patients take a deep breath and hold it for 15 to 25 seconds. "This allows the lungs to expand and pushes the heart away from the radiation field," says Dr. Zhung. "Increasing the distance by even a few centimeters can reduce the dose of radiation [to the heart] by more than 50%."

**"Removing cancer remains our top priority, but surgical advances have also helped to enhance cosmetic outcomes, which can help restore body image and self-confidence."**

**– Margaret Mary Sacco, MD**

#### **PRECISION THERAPY FOR PERSONALIZED TREATMENT**

Perhaps most consequential is the emergence of precision therapy, based on the understanding that all breast cancers are not the same. Genetic profiling and other advanced tests available at Chilton provide valuable information for preventive care and targeted treatment.

Chilton's High-Risk Breast Screening Program helps identify patients at high risk for breast cancer. Diligent monitoring, imaging and targeted interventions can empower participants to remain one step ahead of the disease.

Andrew M. Bernstein, DO, medical director of oncology at Chilton, states: "We can individualize medical therapies based on the receptor status of the cancer. The receptor is like a TV antenna that sits on top of the cancer cell. If it doesn't get the signal it needs, the cancer cannot grow." Targeted therapies act as a shield. For example, endocrine therapy blocks enzymes that strengthen hormone-sensitive cancers, while other therapies target aggressive cancers fueled by the HER2 protein.

Thanks to these breakthroughs and more, Chilton is fighting breast cancer on every front. "Our multidisciplinary team fosters innovative, personalized medicine that continues to improve diagnosis, treatment and survivorship," asserts Dr. Sacco. "For many women, there is less fear about a breast cancer diagnosis." And more hope. ▲

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#### **Atlantic Medical Group**

**Drs. Sacco and Zhung are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Sacco can be reached at 973-835-0564. Dr. Zhung can be reached at 973-831-5306.**

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***To find out more information about Drs. Chalfoun and Bernstein and other Atlantic Health System affiliated providers, visit [atlanticealth.org/doctors](http://atlanticealth.org/doctors). Dr. Chalfoun can be reached at 201-449-1000. Dr. Bernstein can be reached at 973-831-5451.***

## **OUTPATIENT CANCER CARE CLOSE TO HOME**

Patients who live near Chilton Medical Center now have access to outpatient cancer care close to home. The physicians of Atlantic Surgical Oncology have opened an office for outpatient consultations and follow-up visits at the Atlantic Health Pavilion at 242 West Parkway.

Lawrence Harrison, MD, chief of Atlantic Surgical Oncology, explains that physicians there can provide same-day surgery for procedures such as minor endocrine surgery, like thyroid surgery. "We're doing smaller biopsies on skin lesions in the treatment of melanoma," he says. "It's giving patients the same quality tertiary care with the convenience of being local."

Dr. Harrison says the surgical oncology team, which has expertise in robotic and laparoscopic surgery, including liver, pancreatic and other gastrointestinal malignancies, provides consultations in the Chilton area. "We want to provide convenience and access for those patients who live in the Chilton area, so they can be seen closer to home."

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#### **Atlantic Medical Group**

**Dr. Harrison is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Harrison can be reached at 973-971-7092.**

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## Registered Dietitians Provide Nutrition Expertise to Support Patient Recovery

**W**hen you have had an illness or injury, your body works hard to repair itself. Choosing the right foods while you are in the hospital can be especially important for recovery and continued health after discharge. The registered dietitians of Atlantic Health System work in all areas of the medical system. Working with the multidisciplinary team, they provide individualized nutrition care to patients.

Registered dietitians are the experts in providing nutrition care. To become a registered dietitian, one must complete an undergraduate degree with an accredited program, complete an internship, and pass a national examination. They maintain their credentials with ongoing continuing education and many have specialty certifications in areas such as critical care and diabetes. The registered dietitians at Atlantic Health System are experts in medical nutrition therapy, preventive medicine, behavioral change strategies, mindfulness training, and the latest nutrition research.

### DIETITIANS' ROLE IN THE HOSPITAL SETTING

Many health conditions, such as wound healing, require increased calorie, protein, and vitamin and mineral intake. Types of interventions can include diet modification, provision of alternative foods, and supplementation of specific nutrients. According to Kathleen Merritt, RD and food and nutrition manager at Chilton, "the dietitian's role in the hospital not only addresses patients' medical intervention needs, but also their ethnic and religious preferences. This enables patients to eat the foods they are more accustomed to, leading to improved outcomes."

### ROLE OF THE DIETITIAN ONCE YOU ARE HOME

After discharge, outpatient nutrition counseling is available for a wide range of chronic health conditions to ensure patients have continued nutrition success.

Registered dietitians are also the go-to experts to help you with your day-to-day nutrition. Our outpatient dietitians provide nutrition counseling that can help you lose weight, improve your diet and create meal plans, and also help you make dietary changes to manage chronic diseases like high blood pressure or diabetes. ▲

***For more information, please call the dietitian's office at 973-831-5519.***



**"The dietitian's role in the hospital not only addresses patients' medical intervention needs, but also their ethnic and religious preferences. This enables patients to eat the foods they are more accustomed to, leading to improved outcomes."**

**– Kathleen Merritt, RD**

## NEW JERSEY'S FIRST NATIONAL CANCER INSTITUTE COMMUNITY ONCOLOGY RESEARCH PROGRAM (NCORP) AWARDED TO ATLANTIC HEALTH CANCER CONSORTIUM



A program of the National Cancer Institute  
of the National Institutes of Health

The National Cancer Institute (NCI) has designated Atlantic Health System as a National Community Oncology Research Program (NCORP) site of the Atlantic Health Cancer Consortium (AHCC). Covering 73% of New Jersey's population, it is the first and only New Jersey-based NCORP. AHCC will help develop and implement NCI cancer prevention, screening, care delivery, and treatment studies with leading health care systems across the state. The major health systems and medical centers throughout New Jersey that make up the AHCC NCORP include:

- Atlantic Health System hospitals: Morristown, Overlook, Chilton, Newton and Hackettstown medical centers and Goryeb Children's Hospital
- CentraState Healthcare System
- Holy Name Medical Center
- Hunterdon Healthcare
- Saint Peter's Healthcare System
- Saint Peter's University Hospital, Saint Peter's Children's Hospital

Atlantic Health System will serve as the lead affiliate for NCORP Community Site activities, providing the scientific leadership and central support personnel necessary to accomplish the AHCC NCORP objectives. Atlantic Health System leadership includes experienced cancer investigators in both adult and pediatric cancers with unique expertise that spans the cancer continuum.

"As the first National Cancer Institute NCORP site based in New Jersey, we will expand the NCORP network coverage by 6.5 million people," said Missak Haigentz, MD, medical director of Hematology and Oncology for Atlantic Health System and principal investigator for AHCC NCORP. "We are proud to partner with these leading health care organizations, each of which has its own unique

strengths and patient populations. This will be an exceptional and unprecedented cancer care consortium for New Jersey, which has a diverse population and higher rates of adult and childhood cancer than the nation as a whole."

The grant will enable all sites in the AHCC NCORP to participate in additional cutting-edge research from the NCI and National Clinical Trials Network (NCTN), and will significantly enhance access to these trials for cancer patients throughout New Jersey. The clinical trials will focus on cancer control, prevention, screening, care delivery, treatment and medical imaging, and many will include a quality-of-life component. These studies will also incorporate the needs of diverse populations and will be integrated with cancer disparities research.

### **SPECIFIC GOALS OF THE CONSORTIUM INCLUDE THE FOLLOWING:**

- Increasing adult and pediatric participation in the above-referenced types of NCI and National Clinical Trials Network clinical trials, including members of groups that are currently underrepresented in clinical trials, such as ethnic and racial minorities.
- Enhancing community involvement and physicians in cancer control, prevention and care delivery research through a variety of targeted community outreach and engagement efforts.
- Supporting and mentoring community oncologists and other medical specialists.

The consortium will also help develop and implement clinically significant studies that incorporate the unique research needs of New Jersey's diverse population. A special emphasis will be placed on involving non-English-speaking individuals. ▀

For information on current Atlantic Health System Cancer Care clinical trials, visit [atlanticealth.org/research](http://atlanticealth.org/research).

# PREECLAMPSIA RISK DURING AND SOON AFTER PREGNANCY

**P**reeclampsia is a serious disease related to high blood pressure that can cause seizures, stroke, organ damage, and even death of the mother and premature birth or death of the unborn baby. Affecting 5% to 8% of all pregnancies, preeclampsia typically occurs after 20 weeks gestation and up to six weeks after delivery, though in rare cases can occur earlier.

Diagnosing preeclampsia early is important because it can affect both the mother and the baby. In addition to high blood pressure, symptoms include protein in the urine; nausea after mid-pregnancy; swelling of the face, eyes and hands; sudden weight gain of more than 5 pounds; headaches; changes in vision; and difficulty breathing.

There are a few ways for women to lower their risk of high blood pressure – have regular prenatal visits, monitor for any preeclampsia symptoms and collaborate with your obstetrician.

– Dr. Christopher Bauer

“The rates of preeclampsia and blood pressure related conditions in pregnancy have risen significantly in the last 30 years,” says Dr. Christopher Bauer with Women's Health of Wayne. Pregnant women are at higher risk if they previously delivered preterm, had low birth weight babies, or suffered from severe preeclampsia before.

## POSTPARTUM PREECLAMPSIA

Postpartum preeclampsia can happen to a woman who has just had a baby up to six weeks after the baby's birth, whether she experienced high blood pressure during her pregnancy or not. New mothers should monitor their health after delivery; keep all follow-up appointments; and contact their health care provider right away if they experience blood pressure at or greater than 140/90, severe headache, vision changes, stomach pain/nausea, or swelling in hands and face. Call 911 if they have trouble breathing, begin seeing spots, or experience seizures; and make sure to report that they have been pregnant.

## WAYS TO LOWER RISK

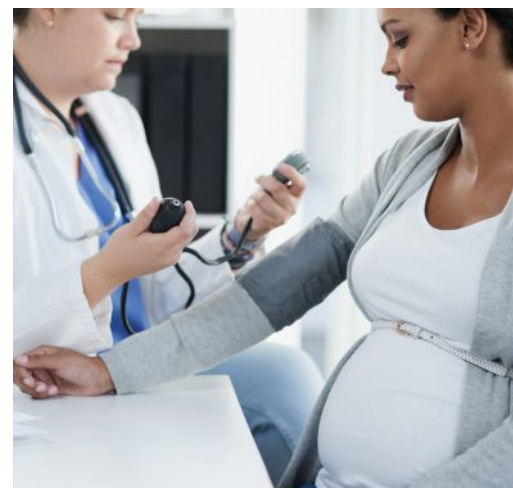
There are a few ways for women to lower their risk of high blood pressure. Dr. Bauer recommends having regular prenatal visits, monitoring for any preeclampsia symptoms and collaborating with their obstetrician. They should also contact their health care provider immediately if blood pressure becomes unexpectedly high; and get treatment for high blood pressure, blood sugar, cholesterol and obesity; and do not smoke. ▲

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### Atlantic Medical Group

Dr. Bauer is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org).

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## Warning Signs of Preeclampsia – High Blood Pressure Related to Pregnancy

Preeclampsia, high blood pressure related to pregnancy, can cause damage to the kidneys and other organs. Call your doctor immediately if you have these signs:

- Shortness of breath
- Changes in vision
- Feeling dizzy
- Pain in the abdomen (belly)
- Rapid weight gain, or swollen hands or feet, which is due to a buildup of fluid
- Severe headaches
- Extreme vomiting or nausea

These symptoms are especially important warning signs for women who have diabetes, kidney disease or high blood pressure, and for those who are obese or are expecting twins or triplets.

Working with your obstetrician or midwife, a maternal-fetal medicine specialist can help most women have the healthiest pregnancy and birth possible.



## The Next Level in Emergency Care

The Emergency Department (ED) at Chilton Medical Center represents the heart of the hospital and, in many respects, the heart of the community. In one way or another, every family in the greater Morris County area depends on it, whether faced with an injury on the soccer field, a mental health crisis or a life-threatening medical emergency. Even those who have never visited our ED benefit from invaluable peace of mind, knowing that around-the-clock, state-of-the-art emergency care is minutes away – including seamless access to the full resources of Atlantic Health System when needed.

Over the past 65 years, Chilton's ED has kept pace with the latest clinical advances while serving up to 50,000 patients each year. Yet there is work to be done. While The Children's Center recently opened a new Pediatric ED, the hospital's main ED has not been renovated since the early 1990s. It is time to raise the bar, modernizing the space so the caliber of our patients' experience equals the caliber of care.

To fulfill that vision, Chilton is set to begin a \$6 million renovation that will virtually transform the ED and build upon its reputation for excellence.

### CAPITAL CAMPAIGN

In support of this landmark endeavor, Chilton Medical Center Foundation has launched The Campaign for Emergency Care at Chilton Medical Center. Our goal is to raise \$2.8 million toward the project's total cost, with the balance funded by Atlantic Health System.

### PROJECT GOALS

The upcoming renovation will feature several key enhancements:

- Increased security at the department's front entrance
- A private registration area and streamlined process, allowing most patients to bypass the waiting room and proceed directly to an exam room
- Easy access to The Children's Center, so pediatric patients can avoid walking through the main ED
- A redesigned layout that considers the needs of special populations, including older patients and those experiencing a behavioral health crisis
- Thirty-three private exam rooms with upgraded technology and equipment for optimal care and comfort
- Additional workstations for physicians and nurses, improving productivity and visibility of patient rooms
- Operational efficiencies to reduce wait times, such as testing performed in the adjacent radiology suite
- New furnishings and décor to provide a more soothing, healing environment

Now we need YOUR support, our community, to push us to our goal and make our modernized ED a reality.

***For details about The Campaign for Emergency Care and to make a gift, contact the Chilton Medical Center Foundation at 973-831-5165.***


# community calendar Fall 2019/Winter 2020

Registration is required for all programs through Chilton Medical Center at **973-831-5367** (unless otherwise noted).

COMMUNITY HEALTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>NEW VITALITY PROGRAM</b> If you're over the age of 65 and are looking for new ways to enhance your health and social life, join New Vitality. Membership is free and offers access to classes, selected health screenings, a quarterly magazine, and special events.  New Vitality programs are held at various locations throughout Atlantic Health System. Most programs are free; others may require a small fee.  For complete listing of classes, activities and to join the New Vitality Program, call 1-844-472-8499 or visit <a href="http://atlanticealth.org/newvitality">atlanticealth.org/newvitality</a> .
	Thursday, November 7, 7:00-8:00pm	<b>HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM LATEST RESEARCH</b> Learn strategies to age well in cognitive activity, social engagement, nutrition and physical health. <b>Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: FREE	
	Thursday, November 14, 7:00-8:00pm	<b>GUIDE TO WINTER SKIN CARE</b> Get tips and tricks to keep up with your skin during the winter with beauty advisor Maxine Zawaski. <b>Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: FREE	
	Wednesday, January 29, 7:00-8:00pm	<b>IS YOUR LIFE IN THE SLOW LANE OR FAST LANE? CHECK YOUR THYROID</b> Discover the purpose and function of the thyroid gland, difference between under- and over-active thyroid and what is a goiter and thyroid nodule. <b>Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: FREE	
	Thursday, March 5, 7:00-8:00pm	<b>SLEEP YOUR WAY TO BETTER HEALTH</b> Get techniques and tools to help you get the sleep of your dreams. Presented by Alicia Camlibel-Carey, PhD <b>Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: FREE	

FITNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>ZUMBA FITNESS</b> Dance to Latin rhythms – sculpts and tones the body.  Thursdays, October 24 to December 19 (no class November 28), 5:45-6:45pm Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444  FEE: \$64 FOR ALL EIGHT WEEKS
	Wednesdays, October 23 to December 11 (Fall); OR January 22 to March 25 (Winter), 7:00-8:00pm	<b>ZUMBA TONING</b> This class blends body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class. We use light weights to enhance rhythm, build strength and tone all the target zones. <b>Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: \$64 FOR ALL EIGHT WEEKS (FALL) OR \$80 FOR ALL 10 WEEKS (WINTER)	

INTEGRATED WELLNESS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>MEDITATION FOR MINDFUL WELL-BEING</b> The art of meditation is to center the mind toward one focus.  Mondays, October 21 to December 9 (Fall); OR January 27 to March 16 (Winter), 6:30-7:30pm For more information or to register, call 973-831-5367. Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444 FEE: \$64 FOR ALL EIGHT WEEKS
	Tuesdays, October 22 to December 10 (Fall); OR January 21 to March 24 (Winter), 6:30-7:30pm	<b>HATHA YOGA AT CHILTON</b> Hatha Yoga is the integration of body, mind and breath. Bring a yoga mat and water. Yoga block not required but recommended. <b>Atlantic Health Pavilion, 242 West Parkway, First Floor Conference Room, Pompton Plains, NJ 07444</b>	For more information or to register, call 973-831-5367. FEE: \$64 FOR ALL EIGHT WEEKS (FALL) OR \$80 FOR ALL 10 WEEKS (WINTER)	

NUTRITION	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES		
	All Nutrition events take place at Atlantic Health Pavilion, 242 West Parkway, Second Floor Conference Room, Pompton Plains, NJ 07444.				
	Monday, November 25, 7:00-8:00pm	<b>ABCs OF VITAMINS AND MINERALS</b> Learn about the essential nutrients for your body and what foods they are found in.	To register, call 973-831-5367. FEE: FREE		
Thursday, February 13, 7:00-8:00pm	<b>EAT RED FOR HEART HEALTH</b> Bust heart-healthy myths and help you navigate your path toward wellness. Heart-healthy recipes included.	To register, call 973-831-5367. FEE: FREE			

Registration is required for all programs through Chilton Medical Center at **973-831-5367** (unless otherwise noted).

PARENTING & CHILDBIRTH	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>MATERNITY CENTER TOUR</b> The Maternity Center Tour gives our participants an overview of the labor, delivery and postpartum.  First Wednesday of the month, 7:00-7:30pm FEE: FREE To register for a tour, visit <a href="http://atlantichealth.org/events">atlantichealth.org/events</a> .	
	All Parenting & Childbirth events take place at Chilton Medical Center, 97 West Parkway, Pompton Plains, NJ 07444. For more information, email <a href="mailto:chiltonparented@atlantichealth.org">chiltonparented@atlantichealth.org</a> or go online to register at <a href="http://atlantichealth.org/events">atlantichealth.org/events</a> or call 1-800-247-9580.				
	Mondays (except holidays), 11:00am-Noon; Wednesdays, November 13 and 27, and December 11, 6:30pm	<b>BREASTFEEDING SUPPORT GROUP</b> Join other moms in an informal and welcoming group that supports breastfeeding mothers and their children.	FEE: FREE		
	Saturday, December 7, 9:00am-3:00pm	<b>CHILDBIRTH INTENSIVE</b> Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our maternity center is included.	FEE: \$200 PER COUPLE		
	Tuesday, November 12, 7:00-9:30pm	<b>CHILDBIRTH PREP SERIES</b> A three-week series. Expectant mothers and their partners can learn about the stages of childbirth, the role of the partner, coping and breathing techniques, and the postpartum period. A tour of our maternity center is included.	FEE: \$160 PER COUPLE		
	<b>BABY BASICS AT CHILTON</b> A three-week series. Expectant mothers and their partners can learn how to bathe, diaper and burp a baby, as well as how to care for the cord.	FEE: \$60 PER COUPLE			

SUPPORT GROUPS	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>DIABETES EDUCATION AND SUPPORT GROUP</b> Diabetes patients can receive mutual education and encouragement.  First Thursday of the month, 10:00-11:00am; <i>OR</i> third Wednesday of the month, 7:00-8:30pm FEE: FREE For more information, call 973-831-5229.	
	All Support Group events take place at Atlantic Health Pavilion, 242 West Parkway, Second Floor, Pompton Plains, NJ 07444.				
	Second Wednesday of the month, 7:00-8:30pm	<b>ALZHEIMER'S DISEASE CAREGIVER SUPPORT GROUP</b> Learn about this disease and other dementias and current treatment options.	For more information, call 973-831-5367. FEE: FREE		
	Fourth Tuesday of the month, 10:30-11:30am	<b>ARTHRITIS SUPPORT GROUP</b> The Arthritis Support Group is for those individuals who struggle with any form of arthritis.	For more information, call 973-831-5367. FEE: FREE		
	Fourth Tuesday of the month, 1:00-2:30pm	<b>BEREAVEMENT SUPPORT GROUP</b> Funded by Chilton Medical Center Auxiliary, this support group is geared toward the older adult who has lost a spouse.	For more information, call 973-831-5367. FEE: FREE		
	Second Wednesday of the month, 1:30-3:30pm	<b>CANCER SUPPORT GROUP</b> For men and women who are newly diagnosed, in treatment and up to two years post treatment. <b>Chilton Medical Center, Collins Pavilion, 97 West Parkway, Pompton Plains, NJ 07444</b>	For more information, call 973-831-5367. FEE: FREE		
	Second Tuesday of the month, Noon-1:00pm	<b>STROKE SUPPORT GROUP</b> Lunch is provided and speakers vary. <b>1 Cedar Crest Village Drive, Pompton Plains, NJ 07444</b>	FEE: FREE		

CHILTON MEDICAL CENTER AUXILIARY	DATE AND TIME	EVENT DETAILS AND LOCATION	CONTACT AND FEES	<b>TREE OF LIGHTS</b> Purchase a light in honor of, or in memory of, that special person in your life. Your light will shine throughout the holiday season, and donor and honoree names will be on display in the hospital lobby throughout the months of December and January.  To purchase a light or for more information, call 973-831-5345.
	Wednesday, December 4, 5:00pm	<b>TREE LIGHTING AT CHILTON MEDICAL CENTER</b> Please join us for the tree lighting ceremony in front of the hospital. There will be entertainment and a reception will be held in the Board Room, where refreshments will be served.	For more information, call 973-831-5345.	

**Atlantic Health System**  
475 South St.  
Morristown, NJ 07960-6459

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an Atlantic Health System  
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