

# AtlanticView

at Newton | Fall 2021

FIT AND ACTIVE,  
HEART ATTACK  
WAS A SHOCKER

PAGE 5



Atlantic Health System  
Newton Medical Center



## LETTER FROM THE PRESIDENT

Greetings,

As the number of people vaccinated against COVID-19 continues to rise throughout our region, and we encourage all to get their vaccine, we are happy to offer a digital vaccine card through MyChart.

We're proud to announce that Newton Medical Center has been nationally recognized by *U.S. News & World Report* for high-quality care in four areas: COPD, heart failure, stroke, and kidney failure. We've also once again earned the highest grade of "A" from The Leapfrog Group for hospital safety.

In this issue of *AtlanticView*, you'll meet a patient who spent the day working out hard, and the evening suffering a heart attack. Luckily, he came to Newton Medical Center's Charles L. Tice Heart Center. There's a new partnership between Atlantic Health System and NYU Langone to provide pre- and post-treatment care for heart and liver transplant patients close to home. Women will learn that their gynecologist is there for them at all stages of their life.

Enjoy the fall and winter, stay safe, and know that Newton Medical Center will continue to be here for your needs, whatever they may be.



**Robert Adams, FACHE**  
President, Newton and  
Hackettstown Medical Centers

Managing Editor, *AtlanticView at Newton*: **Vicki Banner**  
Assistant Editor: **Beth Sisk**  
Contact information: **Atlantic Health System,**  
**475 South St., Morristown, NJ 07960**  
Email: **atlanticview@atlantichhealth.org**  
*AtlanticView at Newton* is published for Atlantic Health System by **Wax Custom Communications**. For additional information, visit **atlantichhealth.org**.

**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 Institute. The six medical centers have a combined total of 1,841 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.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *AtlanticView at Newton* in whole or in part without written permission from the publisher is prohibited. Copyright ©2021. All rights reserved.

### Connect with us:

- Facebook: /NewtonMedicalCenterNJ
- Twitter: @AtlanticHealth
- Instagram: @AtlanticHealth
- Snapchat: @AtlanticHealth
- LinkedIn: Atlantic Health
- YouTube: Atlantic Health System



**OFFICIAL  
HEALTH CARE  
PARTNER**

## CONTENTS

### Departments

- 2 Letter From the President
- 3 CEO's Corner | Health Briefs
- 7 Foundation News | Community Calendar

### Features

- 5 Fit and Active, Heart Attack Was a Shocker
- 6 Your Gynecologist Is One of Your Most Valued Health Partners



### WE WANT TO HEAR FROM YOU

Would you like to share your experience at Newton? Please help us spread the word and help more people in our community. Review us on Facebook, Google or Yelp.

## 5 FIT AND ACTIVE, HEART ATTACK WAS A SHOCKER



# CEO's corner



## Extraordinary Caring, Expanded Access

A major element of our mission to build healthier communities involves expanding access to high-quality care for patients and families across New Jersey.

In this edition, you'll learn about Atlantic Health System's strategies for making care more convenient and delivering innovative medicine close to home.

The latest development in our unique partnership with CentraState Healthcare does just that, welcoming nearly 50 new physicians and their teams to Atlantic Medical Group, providing primary care, women's health, respiratory and other specialties.

Improving access to lifesaving medicine was the inspiration for our promising new heart and liver transplant partnership with NYU Langone Health. It is also the driving force behind our pioneering clinical trials and investigational therapies, offering new hope to patients at the forefront of genomic medicine.

On behalf of the entire Atlantic Health System family, thank you for entrusting us with your care.



*Brian A. Gragnolati*

**Brian A. Gragnolati**  
President & CEO,  
Atlantic Health System



<p><b>Newton Urgent Care</b></p> <p>📍 181 High Street, Newton, NJ 07860</p> <p>☎ 973-383-9898</p> <p>Hours: Monday–Sunday 9:00am to 8:30pm</p>	<p><b>Sparta Urgent Care</b></p> <p>📍 372 Lafayette Road, Suite 101 Sparta, NJ 07871</p> <p>☎ 973-383-9898</p> <p>Hours: Monday–Sunday 7:30am to 5:00pm</p>
--	---



### ATLANTIC HEALTH SYSTEM MARKS 13TH CONSECUTIVE YEAR ON FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

In a year like no other, Atlantic Health System has overcome unprecedented challenges to deliver innovative, high-quality care while maintaining an award-winning workplace.

For the 13th consecutive year, Atlantic Health System has once again been named to Great Place to Work® and *Fortune's* list of the "100 Best Companies to Work For®," ranking No. 67, and is the only New Jersey-based health care company on *Fortune's* list.

Newton Medical Center was recognized by *U.S. News & World Report* as high-performing in four areas:



### Newton Medical Center Nationally Recognized for Patient Safety



Newton Medical Center earned the highest possible safety rating of "A" by The Leapfrog Group, an organization dedicated to patient safety. Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent. Newton Medical Center is proud to bring our best to the communities we serve.

## Atlantic Health System and NYU Langone Health ANNOUNCE PARTNERSHIP ON ORGAN TRANSPLANTATION

### Health systems coordinate transplant care for heart and liver patients

The nationally recognized NYU Langone Transplant Institute has teamed up with the nationally ranked Heart Care program at Morristown Medical Center's Gagnon Cardiovascular Institute and the pioneering liver services at Overlook Medical Center to give patients greater access to organ transplants and the high-quality, coordinated care needed to stay healthy.

#### PARTNERSHIP

"This new affiliation will strengthen our acclaimed cardiac program, while significantly enhancing our ability to care for patients with advanced liver disease," says Atlantic Health System president and CEO Brian Gagnolati. "Our patients will now have access to one of the nation's leading transplantation programs, with expert care both in New York and close to home in New Jersey that will ensure continuity of care and the best outcomes."

#### ELIGIBILITY

Eligible patients will receive comprehensive pre- and post-transplant care from Atlantic Health System's top-ranked hospitals and health care providers and have transplants performed through the renowned NYU Langone Transplant Institute.

"This new partnership will elevate transplant care for thousands of New Jersey families – and save many lives," says Robert Montgomery, MD, DPhil, director of the NYU Langone Transplant Institute and the H. Leon Pachter Chair of Surgery at NYU Langone.

#### HEART PATIENTS

Pre- and postoperative care for heart transplant patients at Morristown Medical Center's Heart Failure program will be provided by a multidisciplinary team including physicians, advanced practice nurses, and registered nurses, led by Abhishek Singh, MD, PhD, who is triple-board-certified in internal medicine, cardiology, and advanced heart failure and transplant cardiology.

#### LIVER PATIENTS

Overlook Medical Center and NYU Langone will develop a liver transplant service to diagnose and treat a broad spectrum of liver disease, led by Harmit S. Kalia, DO, a board-certified hepatologist and director of liver transplant outreach at NYU Langone, who will join Overlook's staff while continuing to practice at NYU Langone. Most pre- and postoperative care for liver transplant patients can be provided at Overlook, which offers a full radiological suite of services, including interventional radiologists who treat advanced liver disease, led by Yousaf Mahmood, MD, who is board-certified in diagnostic, vascular and interventional radiology. ◀

**For more information, visit [atlantichealth.org/transplant](https://atlantichealth.org/transplant) or call the Atlantic Health Liver Disease and Transplant program at 908-522-5040. For heart transplant, call 973-971-4179.**

## GET YOUR DIGITAL VACCINE CARD

Atlantic Health System patients can now download a verified digital version of their vaccine card from their mobile device. It's free, fast and secure.

And through our free partnership with CLEAR, you can seamlessly gain access to CLEAR Lanes at participating sports stadiums, events and venues nationwide.

**Learn more at [atlantichealth.org/vaccinecard](https://atlantichealth.org/vaccinecard).**



QR code will take you to digital proof of vaccination options.

# Fit and Active, Heart Attack WAS A SHOCKER

**W**hen W. Joseph Puza felt his throat burning in May 2021, he blamed it on summer. “That usually happens when there’s an air conditioner on,” he says.

Walter, 61, is a thriller author (writing as W. Joseph Puza) and former martial arts instructor. He is in great shape, but his throat trouble was a sign of a massive heart attack called a STEMI – for ST-elevated myocardial infarction – that happens when a coronary artery is completely blocked.

“The day I went in I was running, lifting weights, hitting the speed bag,” Walter says. But the burning was getting worse. “I was going to wait and talk to my regular doctor, but I had a lot to do that week so I said, ‘Let me go to the hospital.’”

Walter and his wife made the short drive to Newton Medical Center late in the evening. “I told the nurse who checked us in that my throat was burning and she said, ‘You may be having a heart attack.’”

Walter was in the right place. In August 2020, Newton Medical Center opened a percutaneous coronary intervention (PCI) program in its Charles L. Tice Heart Center. When the emergency department staff saw the classic signs of a STEMI on Walter’s EKG readout, they alerted interventional cardiologist Sapan Talati, MD, who is board-certified in cardiovascular disease, nuclear cardiology, echocardiography and internal medicine. “When you have a STEMI, time is muscle,” Dr. Talati says. “If you put a stent in within 90 minutes, it leads to good outcomes, and that’s what we did for Mr. Puza.”

During his evaluation, Dr. Talati saw that Walter had other blockages in other arteries. Patients typically stay at Newton after PCI. “Ideally, you don’t open other blockages while a patient is having a heart attack, as you want the muscles to heal, but since his blockages in other arteries were critical, we transferred him to Morristown to get the other procedures done,” Dr. Talati says.



Performing martial arts for relaxation.

“When a patient is having a heart attack, they need to have that artery opened as quickly as possible. And when patients need additional care, there is a seamless connection between Newton and Morristown.”

– Sapan Talati, MD

Walter was the 50th patient to benefit from the PCI program at Newton Medical Center. “Patients are appreciative of the initiative that Atlantic Health System took to get this at Newton,” Dr. Talati says. “When a patient is having a heart attack, they need to have that artery opened as quickly as possible. And when patients need additional care, there is a seamless connection between Newton and Morristown.”

Walter is already back to exercising and playing with his two dogs. “Everybody that I met really did a wonderful job,” he says. “They took great care of me.” ▲

**To learn more about heart care at Atlantic Health System, visit [atlantichealth.org/heartcare](https://atlantichealth.org/heartcare).**

# Your Gynecologist Is One of Your Most Valued Health Partners

It's time to start taking care of you

**T**he pandemic disproportionately impacted women's health. Along with a decrease in women getting regular health screenings, there was an increase in women – especially mothers – putting their own physical health and mental well-being on the back burner. According to Archana Sonig, MD, “many women have been holding back their birth control plans, necessary surgeries and pressing physical issues, such as heavy periods, just to avoid coming to offices. Those can now be addressed safely. Women, including adolescents, have been facing depression and anxiety issues due to new ways of living, such as remote schooling and working from home. Having ‘me’ time is essential.”



## GET BACK ON TRACK

Dr. Contreras says there has been a drop-off in women getting routine screenings. “From mammograms to visiting the dentist, it’s time to start taking care of you,” she says. Take stock of which appointments and screenings you’ve missed. “If you need to get a mammogram or a colonoscopy, don’t schedule them the same week. It’s OK to spread them out,” says Dr. Contreras, medical director of OB/GYN and Women’s Health, Atlantic Health System. She is dual board-certified in both gynecology oncology and obstetrics and gynecology.

“Make an inventory of your health; then start working on that list slowly. Small goals like beginning to walk for exercise can have a huge impact.”



## TURN TO YOUR GYN

Your gynecologist can discuss all of the issues that affect your overall health. For that reason, Dr. Contreras advises women to turn to their gynecologist for much more than routine Pap smears. “For a lot of women, the gynecologist is their primary care physician,” she says. “The conversation should go beyond sexual health and reproduction. We need to empower women to talk about osteoporosis, breast health, anxiety and depression. It should encompass the whole woman – her emotional and medical needs.”



## KNOW THE FACTS

Getting vaccinated is one proactive thing women can do to take charge of their health, and Dr. Contreras says that many of the fears surrounding COVID-19 vaccines are unfounded. “I think it’s really important that women get science-based information. There’s no science behind the whole idea of infertility and the vaccine,” she says. “We do know that millions of women have been fully vaccinated in the U.S., and that it’s safe and effective.”



## DO A MENTAL HEALTH CHECK-IN

When it comes to our mental health, Elana Monchar, MD, Department of Psychiatry, Atlantic Health System, says there are a few things we can all do to feel better. “Setting a routine and sticking to it – that’s really necessary in a world where we feel out of control,” she says.

What you put in your body can affect your mental health, too. “Fuel your body with nutritious, well-balanced foods,” says Dr. Monchar, who is board-certified in psychiatry. She also suggests prioritizing sleep. “It’s hard to function at your optimum when you’re sleep-deprived.”



## FIND HEALTHY WAYS TO MANAGE STRESS

Therapy can be the right choice for some women and has become even more accessible due to telehealth, says Dr. Monchar. Activities such as coloring, kickboxing, gardening or going out for a stroll can also help keep stress in check.

“It’s going to take time to get back to a lot of things we did pre-pandemic,” she says. “You don’t have to do everything today. Give yourself time. Women have gone through a lot.” ▲

---

### ATLANTIC MEDICAL GROUP

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

### WOMEN'S HEALTH AT NEWTON

179 High Street, Lower Level  
Newton, NJ 07860

Her office can be reached at 973-383-8555.

---

# FOUNDATION NEWS

## C. Edward McCracken Festival of Lights Celebrating 30 Years



Thirty years ago, the Foundation's beloved trustee, C. Edward McCracken sought to brighten the holidays for patients and their families by lining the hospital's majestic driveway and main entrance with a festive and illuminating display of white lights. Alongside our friend and colleague, Foundation Director Diane Brennan, the Festival of Lights was created to provide our community with an opportunity to express its support for the hospital and its mission by donating lights and trees in memory and honor of loved ones. It has become a wonderful community tradition.

This year's event will honor Rob Nicholson. Robert B.

Nicholson III, born at the former Newton Memorial Hospital in 1964 is a lifetime resident of Sparta. His dedication to the Sussex County community has been significant through the years, by his personal participation and support of many community fundraising events and activities. Rob, his family and businesses have been longtime supporters of the Newton Medical Center Foundation and its various fundraising event committees to help raise funds to support Newton Medical Center's mission to deliver quality care and services to the residents of Sussex County. ▲

### **SATURDAY, NOVEMBER 13, 2021 COMMUNITY DRIVE-THRU 4:00PM TO 5:00PM, VIP RECEPTION 6:00PM TO 7:00PM**

Please join us for an interactive community drive-thru event on the Newton Medical Center campus. Experience the dazzling lights, and wave to Santa and his friends who will be with us to officially kick off the holiday season. Each vehicle will also receive a special goody bag with holiday treats!

Please visit [atlanticealth.org/newtonfoundation](http://atlanticealth.org/newtonfoundation) or call 973-579-8309 to remember, honor a loved one or contribute to the Festival of Lights.

## *community calendar* Fall 2021

Welcome to your Newton Medical Center Community Calendar. Due to COVID-19, many of our classes will be held virtually or rescheduled. Call the telephone number listed or email the contact person for more information. Please visit [atlanticealth.org/calendar](http://atlanticealth.org/calendar) for up-to-date information.

### BEHAVIORAL HEALTH

For up-to-date information on Newton Medical Center events, call 1-888-247-1400.  
For up-to-date information on Milford Health and Wellness Center events, call 570-409-8484, ext. 4.

### DIABETES AND NUTRITION

For up-to-date information on Diabetes Education Group Classes, Diabetes Support Group, Loss Surgery Support Group and YMCA Nutrition Lectures, call 973-579-8341.  
Classes require a physical referral and are subject to insurance billing.

### PARENTING AND CHILDBIRTH

Newton Parent Ed now has Childbirth Education, Breastfeeding, and Baby Care on ZOOM (various dates).  
Register online at [atlanticealth.org/classes](http://atlanticealth.org/classes).

Third Saturday of every month, Noon

VIRTUAL MINDFUL PREGNANCY

### PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 973-579-8588.

### ORTHOPEDICS

For up-to-date information, call Mia Turro at 201-247-7478.

TOTAL JOINT REPLACEMENT EDUCATION CLASS

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



For a referral to  
an Atlantic Health System  
doctor, call 1-800-247-9580  
or visit [atlanticehealth.org/doctors](http://atlanticehealth.org/doctors).

## AskHer Because:

She should know the  
**major risk factors** for  
developing breast cancer.



*Schedule your  
Annual Mammogram*

## Risk Factors:

- Being female
- Getting older
- Family history
- Combined hormone therapy
- Dense breasts
- Being overweight or obese
- Drinking alcohol

Did you know that the main factors that influence your risk of getting breast cancer include being a woman and getting older? Mammograms can help detect cancer early.



**Don't wait, book your  
mammogram online,  
or call 973-829-4263**