

# AtlanticView

at Overlook | Summer 2021



**FORMER MARINE  
BATTLES BRAIN  
CANCER WITH  
AWAKE BRAIN  
SURGERY**

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**PREVENT BACK-TO-SCHOOL  
SPORTS INJURIES**

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Atlantic Health System  
Overlook Medical Center



## LETTER FROM THE PRESIDENT

I am so pleased to introduce myself to all of you. As an Atlantic Health System leader at Chilton Medical Center, I have come to know and admire Overlook Medical Center and the cutting-edge services that Overlook offers.

For more than a century, Overlook Medical Center has been a trusted constant in the community. Today, Overlook is celebrated for providing extraordinary care and innovative specialty services. As interim president, I am proud to be here to support the communities we serve and the health care heroes who bring their best to Overlook every day.

This issue of *AtlanticView at Overlook* highlights the resources of the Gerald J. Glasser Brain Tumor Center. In addition to world-class treatment, the Glasser Center also provides resources to assist patients and the family members who love and care for them at home.

You'll also find valuable information about preparing adolescent women for gynecological care and preventing kids' sports injuries as the fall season begins for school sports.

Enjoy the welcome warmth of late summer. Overlook is here for you and your loved ones, all year round.



**Stephanie Schwartz, FACHE**  
Interim President,  
Overlook Medical Center

# AtlanticView

at Overlook | Summer 2021

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For additional information, visit [atlantichealth.org](http://atlantichealth.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. 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 Overlook* in whole or in part without written permission from the publisher is prohibited. Copyright ©2021. All rights reserved.

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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 Overlook? 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

## 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 across Central Jersey, the newest members of the Atlantic Medical Group family are ready to care for you in offices from Edison to Jackson.

Improving access to lifesaving medicine was the inspiration for our promising new heart and liver transplant partnership with NYU Langone Health. It's also the driving force behind the neurosurgical team ranked No. 1 in the NY Metropolitan area, right here at Overlook's Atlantic Neuroscience Institute, and 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



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

## 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 [atlantichhealth.org/vaccinecard](https://atlantichhealth.org/vaccinecard).***

## OVERLOOK RECOGNIZED AS TOPS IN OB/GYN

Overlook Medical Center has been named as one of America's Best Hospitals for Obstetrics by the Women's Choice Award®, America's trusted referral source for the best in health care. Overlook is in the top 6% of 4,542 U.S. hospitals offering obstetrics. This designation signifies the preferences of women and exceptional clinical performance and is a testament to our ongoing commitment to the families within our community.



## RELAX & REJUVENATE

Enjoy a Stress Relief Package at Chambers Center for Well-Being. This two-hour package features a relaxing massage; a stress-reducing session on our warming BioMat; and ending with a rebalancing experience in our Himalayan Salt Room to leave you feeling relaxed, refreshed and rejuvenated.

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Located at 435 South Street, Suite 160, Morristown, NJ.



## ATLANTIC MEDICAL GROUP EXPANDS IN CENTRAL NEW JERSEY

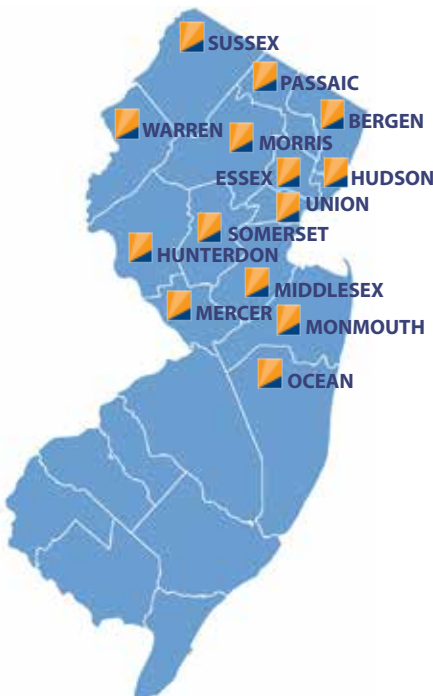
Nearly 50 physicians and providers affiliated with CentraState Healthcare System have joined Atlantic Health System’s multispecialty physician network, Atlantic Medical Group, as part of the two health systems’ ongoing efforts to create a co-owned framework for CentraState Healthcare System.

The synergy created by the addition of these practices expands patient access in central New Jersey to include Atlantic Health System’s nationally recognized programs and services at its seven medical centers, and nearly 400 ambulatory care locations.

System and president, Atlantic Medical Group. “Bringing these providers into the Atlantic Medical Group family is an important step in giving patients easier access to our high-quality, integrated continuum of care.”

“Care begins in the community, and patients in central New Jersey turn first to these CentraState-affiliated physicians for care,” says Steven Sheris, MD, FACC, FACP, executive vice president, chief physician executive, Atlantic Health

“Our transition to Atlantic Medical Group will give our providers new tools to manage patient care and, ultimately, offer patients easier access to a larger network of physicians,” says James Richvalsky, CentraState’s vice president of physician practice management.



### WELCOME CENTRASTATE PRACTICES

Family Practice of CentraState (Freehold, Colts Neck, East Windsor, Jackson, Marlboro, Monroe)

Women's Health of CentraState (Marlboro, East Windsor)

John Pellegrino, MD, Breast Surgery/Oncology (Freehold)

Surgical Associates of CentraState (Freehold, Edison)

Pulmonology Associates of CentraState (Freehold, Morgansville)

Nephrology Associates of CentraState (Jackson)

Jia Cheng, MD, Movement Disorder Program (Freehold)

Neonatology Associates of CentraState (Freehold)

### NEW PEDIATRIC AND PRIMARY CARE OFFICE

Atlantic Medical Group opened a new pediatric and primary care office location on Terrill Road in Scotch Plains.

“We’re excited to join the Scotch Plains community and to bring together a team of physicians whom children and families here can rely on for responsive, high-quality, patient-centered care, all in one convenient location,” says Steven Sheris, MD, president of Atlantic Medical Group.

Atlantic Medical Group’s Pediatrics at Scotch Plains welcomes David Levine, MD, a board-certified pediatrician, who recently provided care at Atlantic Medical Group’s location in Florham Park. Our internal medicine physicians at Primary Care at Scotch Plains include Brian Cassidy, MD; Payal Joshi, MD; Laura Von Berg, MD; and Melvin Rubenstein, MD, who previously served patients at another location in Scotch Plains.

**For more information, visit [atlanticmedicalgroup.org/pediatrics-sp](http://atlanticmedicalgroup.org/pediatrics-sp).**

### OVERLOOK MEDICAL CENTER JUMPS TO NO. 4 HOSPITAL IN NEW JERSEY

*U.S. News & World Report* recognized

Overlook as high-performing in a total of eight common adult procedures and conditions and high-performing in three specialties: Neurology and Neurosurgery, Orthopedics and Urology. The hospital jumped from No. 12 last year and is ranked No. 18 in the New York metro area.

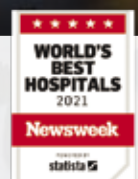


COMING SOON!!!

# HEALTH CARE IN BAYONNE GETS EVEN BETTER

**Atlantic Medical Group**  
**477 Broadway**  
**OB/GYN | Pulmonology | Primary Care**

Atlantic Medical Group is moving into Bayonne in a really big way. Primary Care, Women’s Health and Pulmonology are coming to a brand new state-of-the-art facility, seamlessly connected to Overlook Medical Center, one of America’s 50 Best Hospitals.



**477 Broadway, Bayonne, NJ | [atlanticmedicalgroup.org/bayonne](http://atlanticmedicalgroup.org/bayonne)**

## OVERLOOK MEDICAL CENTER MARKS OPENING OF NEW SOUTH GARAGE, IMPROVING PARKING THROUGHOUT HOSPITAL CAMPUS

The new, state-of-the-art employee parking structure will improve parking throughout the campus.

The 234,000-square-foot garage includes 648 parking spaces and two elevators. The seven-level garage features recharge stations for electrical and hybrid vehicles on one of the levels.

By significantly increasing the parking available to Overlook’s team members, the South Garage creates tremendous additional capacity for patients and visitors in Overlook’s East and West garages, creating more convenient access to the hospital. The additional dedicated parking

also eliminates the need for off-site employee parking on surrounding local streets.

The garage features motion-activated lights to save energy and minimize the impact to the neighborhood around the hospital. A vacant wooded area between Lower Overlook Road and Morris Avenue buffers the surrounding community from direct view.



## Overlook Medical Center Receives Lantern Award

Overlook Medical Center has been honored as a recipient of the Emergency Nurses Association (ENA) Lantern Award – the only award dedicated to recognizing emergency departments.

The ENA Lantern Award recognizes emergency departments that demonstrate excellent practice and innovative performance through leadership, education, advocacy and research.

This year’s recipients were recognized for many accomplishments, including efforts to improve patient mortality from severe sepsis and septic shock; better clinical outcomes and quality of life for stroke patients; and developing efficiencies for the triage process during high patient volume times.

# Former Marine Battles Brain Cancer With **AWAKE BRAIN SURGERY**



Ray Aponte, pictured with his wife, Ana, and daughters Abigail (left) and Zoe (right), underwent successful awake brain surgery at Gerald J. Glasser Brain Tumor Center.

**R**ay Aponte of Jersey City was one of the first Marines to be deployed to the Middle East during Operation Iraqi Freedom. It was the first of several deployments during his 15-year career with the Marine Corps. However, after braving the harrowing experiences of war, Ray says he has never been more terrified than he was after learning he had a malignant brain tumor – one that, if he survived, would threaten his ability to talk or move for the rest of his life.

On his side was the fact that Ray – who became an officer with the Jersey City Police Department and a physical fitness instructor at the Police Academy after retiring from the Marines – was very attentive to his own health.

“Many people who have mild warning signs of a brain tumor assume their symptoms are part of old age. By the time they see a physician, the mass is overwhelming the brain. Fortunately, that wasn’t the case with Ray,” explains Yaron

A. Moshel, MD, PhD, a neurosurgeon at Altair Health and co-director of Gerald J. Glasser Brain Tumor Center, who was a key part of Ray’s treatment team.

Ray’s tumor was discovered after he had an MRI to evaluate his pituitary gland and hormone levels.

“It’s not uncommon for early stage brain tumors to be discovered incidentally on MRI scans,” explains Dr. Moshel. “If caught early, many of these tumors can be treated before they progress to aggressive malignant lesions.”

A neurologist recommended Ray go to the Glasser Center to consult with Dr. Moshel, who specializes in removing complex brain tumors.

Dr. Moshel confirmed Ray had a malignant tumor on his frontal lobe, situated within the expressive speech centers and next to the areas of the brain that control face and hand movement. Given the location of the tumor in the speech



Just moments after the surgery, Ray gave the entire team a thumbs up, a testament to the power of awake brain surgery.

**“If caught early, many of these tumors can be treated before they progress to aggressive malignant lesions.”**

**– Yaron A. Moshel, MD, PhD**

center of the brain, Dr. Moshel recommended Ray undergo awake brain surgery – also known as an awake craniotomy – so he could actively monitor Ray’s speech and motor centers while removing the cancerous tumor.

During the surgery, Ray was alert, though not in pain, which allowed Dr. Moshel to perform awake brain mapping. By asking Ray to do things like talk and sing his ABCs while performing the craniotomy, Dr. Moshel and his team were able to identify the exact locations of specific functions in the brain and determine the safest way to remove the tumor while preserving critical brain tissue. By the end of the five-hour surgery, the tumor was removed in its entirety.

“To prevent Ray’s tumor from ever coming back or progressing into an aggressive malignancy, we examined the genetic profile of the tumor,” adds neuro-oncologist Robert Aiken, MD, co-director of the Glasser Center. “This allows us to

complement surgery with highly personalized, targeted drug treatments – also known as personalized genomic therapy – in addition to ‘gold standard’ chemotherapy.”

Ray underwent radiation to target what Joana S. Emmolo, MD, director of radiation oncology at the Glasser Center, calls any remaining misbehaving cells.

“Modern radiation therapy delivers precise, high-energy beams in a way that targets Ray’s tumor bed while sparing the healthy surrounding tissue,” says Dr. Emmolo. “This has enabled him to continue living his normal life during treatment and provides the best chance for long-term disease control.”

Ray is now undergoing oral chemotherapy under the care of Dr. Aiken and has resumed his studies at Penn State University, where he is pursuing a master’s degree in public administration.

“I’m incredibly grateful for the outstanding team of doctors, nurses and staff at the Glasser Center for everything they have done for me – from the advanced medical care I have been so fortunate to receive ... to the personalized care that has helped me keep a positive mindset through it all,” says Ray. “My story goes to show you have to be proactive with your health. It could save your life.” ▲

**For more information, visit [atlantichealth.org/glassercenter](http://atlantichealth.org/glassercenter).**



# Your Gynecologist Is One of Your Most Valued Health Partners

It's time to start taking care of you

The 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. "Women already had a lot on their plate and then all these other things happened, caused by the pandemic," says Diana Contreras, MD, 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. "Women had to leave some of their previous roles and take on different ones. The stress from that was tremendous."



## 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. "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

## WOMEN'S HEALTH CARE RIGHT HERE IN WESTFIELD

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Schedule at: **908-522-3688**

or

[atlanticmedicalgroup.org/womens-health-westfield](http://atlanticmedicalgroup.org/womens-health-westfield)



Kaylah Rondon, MD



Cecilia Zhang, DO



Fatima Naqvi, MD

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." ▲



# Preparing Your Adolescent for Her First GYN Visit

If you have not scheduled your adolescent daughter for her first appointment with a gynecologist, you may be missing out on a key opportunity. Here's how to prepare her for that first visit.

You've dutifully scheduled your daughter for every visit to the pediatrician, and perhaps you even sailed through a discussion of the birds and the bees with confidence and grace. But did you know that it's just as important to make a gynecologist a part of your adolescent daughter's health team?

Both the North American Society for Pediatric and Adolescent Gynecology and the American College of Obstetricians and Gynecologists recommend a first visit with the gynecologist at age 15, reports Fatima Naqvi, MD, an OB/GYN at Atlantic Medical Group Women's Health at Westfield. "Pediatricians take care of the whole child and deal with a lot of other issues," she says. "We don't ever want to take away from the pediatrician or adolescent medicine doctor. We work to create a partnership between the pediatrician and gynecologist."

## WHAT TO EXPECT

Dr. Naqvi – who has a 15-year-old daughter of her own – explains that she regards initial visits as educational opportunities. There is no exam at this visit, unless it's necessary; the new patient does not even get undressed. Instead, this is a time for introductions and information. "I introduce myself to the patient, and then to the parent. I address the patient first, because I want her to know she is my priority," she says. "I want her completely in her comfort zone."

She provides an overview of a speculum, so it's not completely foreign to a patient during a future visit. She also does a breast exam over the patient's clothing and teaches her how to do one, so she feels more secure. "I explain it's just about learning about your body and how to take care of your body," she says.

While parent and child are in the room together, Dr. Naqvi will have a full conversation about safe sex and contraception. "I do this in front of the parent, so everybody is informed," she says. She then asks the parent to leave the room for a more private and more open interaction. (A staff member can serve as a chaperone in the room if that makes the parent feel more comfortable.)

## BEYOND PUBERTY AND PERIODS

During a first visit, Dr. Naqvi screens for physical conditions like bleeding disorders and polycystic ovary syndrome, which may affect fertility in later years. She also screens for psycho-abnormalities that a young woman may experience when she hits puberty – anxiety, depression, eating disorders and body dysmorphic disorder, among others – and for sexual abuse and sexual assault.

She looks, too, for warning signs in body language and nonverbal cues, and assesses social activity. "I'll ask, 'What are you doing to reduce stress and anxiety? Are you involved in sports or other activities?' We know that social media has a huge impact on adolescents," she says. "Adolescents need an outlet other than screen time."

Throughout the appointment, Dr. Naqvi asks if the patient has questions or if she is curious about anything. "I want her to know I'm here for her if she has any questions. I'll tell her, 'Maybe not even for you; maybe for a friend.' The goal," says Dr. Naqvi, "is to engage her and gain her trust and confidence. We want everyone to have a positive experience. That's how you create a patient for a lifetime." ▲

## ATLANTIC MEDICAL GROUP

Atlantic Medical Group Women's Health at Westfield has offices in Westfield (140 Central Avenue). All of the physicians are board-certified in obstetrics and gynecology. To schedule an appointment with Fatima Naqvi, MD; Kaylah Rondon, MD, FACOG; or Cecilia Zhang, DO, call 908-522-3688. Visit [atlanticmedicalgroup.org/womens-health-westfield](http://atlanticmedicalgroup.org/womens-health-westfield).

## THE 3 MOST IMPORTANT THINGS ABOUT AN ADOLESCENT'S FIRST GYN VISIT

1. It should be about conversation and education, not examination. This is the adolescent's time to learn about her body and her sexuality, and the doctor's time to learn about the patient.
2. It's not just about body parts. The gynecologist is also looking for red flags pertaining to anxiety and depression, eating disorders and unhealthy habits.
3. You're setting up your daughter not just for a first appointment, but for taking charge of her health for the rest of her life.



# A Guide Like No Other

Neurosurgeon and Catholic Deacon Brian Beyerl, MD, FACS, helps patients and family members navigate brain tumor treatment at Atlantic Health System's Gerald J. Glasser Brain Tumor Center



Brian Beyerl, MD, FACS

After a 35-year career as a neurosurgeon specializing in the treatment of brain tumors, Brian Beyerl, MD, FACS, knows full well what it's like to be at the ready for patients who are facing life-changing diagnoses. Today, however, he's on call in a different sense – helping individuals navigate the journey of brain tumor therapy as a patient and family advocate at Atlantic Health System's Gerald J. Glasser Brain Tumor Center.

"In this role, I'm able to complement the expertise and time that physicians and staff at Glasser dedicate to guiding patients through very difficult junctures in their lives," Dr. Beyerl explains. "While I don't direct their medical care, I help patients and family members by drawing on my experience as a neurosurgeon – and a spiritual leader – to support them along their journey. Often patients and families have follow-up questions after their visits or questions that require longer conversations to work through. That's where I step in as an additional resource."

Counseling patients and family members in person at Overlook Medical Center, on the phone or during house calls, Dr. Beyerl is available to answer any questions and

provide further insight on concerns such as a patient's prognosis, adjusting to life with a brain tumor and understanding what to look for down the road. Positive yet realistic, he provides emotional support and offers faith-based support to patients when appropriate.

"The diagnosis of a brain tumor almost always prompts questions from patients and loved ones regarding issues of faith," says Dr. Beyerl, who is also an ordained deacon. "I do the best I can to help them navigate those tough questions, at their prompting, and have found that faith can play a huge role in supporting and sustaining patients with brain tumors."

Dr. Beyerl adds that his involvement as a patient and family advocate varies according to each person's individual needs.

"Whatever the concern, I encourage patients and family members to call me whenever they feel the need. They have my cellphone number, and that's exactly what I'm here for." ▲

**For more information, visit [atlantichealth.org/glassercenter](http://atlantichealth.org/glassercenter) or call 908-522-5914.**

"The diagnosis of a brain tumor almost always prompts questions from patients and loved ones regarding issues of faith. I do the best I can to help them navigate those tough questions."

– Brian Beyerl, MD, FACS

# Let Our Star Lineup Get You Back in the Game



**Ben Brown, DO**  
Shoulder, Elbow, Hip, Knee  
and Ankle Surgeon  
Sports Medicine  
New Providence & Clark



**John Erickson, MD**  
Shoulder, Wrist, Elbow Surgeon  
New Providence & Clark



**Daniel Harrington, DO**  
Sports Medicine  
Interventional Orthopedics  
New Providence



**Derrick Heydinger, DO**  
Sports Medicine  
Interventional Orthopedics  
Clark



**Jeffrey Leary, MD**  
Hip, Knee, Pelvis Surgeon  
Robotics (Mako™)  
New Providence



**Jared Preston, MD**  
Hip and Knee Surgeon  
Robotics (Mako™)  
Clark

## Orthopedics at New Providence and Clark

550 Central Avenue, Suite 600, New Providence | 140 Central Avenue, Suite 700, Clark  
908-795-1192 | 732-943-5042

[atlanticmedicalgroup.org/orthopedics/npc](http://atlanticmedicalgroup.org/orthopedics/npc)



**Atlantic Medical Group**



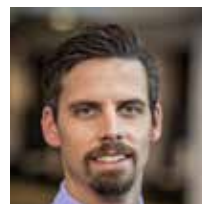
## PREVENT BACK-TO-SCHOOL SPORTS INJURIES

A return to school also means a return to sports and the potential for injuries ... especially for those who may have been sidelined during coronavirus restrictions.

"Returning to sports after a long break can bring added risk of sprains, tears or fractures if proper precautions aren't taken," says Derrick Heydinger, DO, board-certified in family medicine with an added qualification in sports medicine. He is a physician with Atlantic Medical Group Orthopedics, located at Atlantic Health System's newly opened Clark-North Pavilion, which is seamlessly connected to Overlook Medical Center. "If a child has been in the house playing video games, it's important that they adequately prepare themselves for activity on the playing field."

To help prevent back-to-school sports injuries, Dr. Heydinger offers these suggestions:

- **Get a preseason sports physical.** A preseason physical can assess areas of concern prior to activity and determine whether a young athlete is fit to play. For children up to sixth or seventh grade, this can typically be handled by a



Ben Brown, DO



Jared Preston, MD



Derrick Heydinger, DO

primary care physician. For older children, physicals are frequently done through the school, where an affiliated physician experienced in sports medicine can perform sports-specific examinations.

- **Stay hydrated.** It may be fall, but summer temperatures have not subsided. Drink plenty of water before, during and after physical activity. Dizziness, fainting, nausea, vomiting, heavy perspiration, or dilated pupils are signs of heat-related illness.
- **Warm up and cool down.** Warm up muscles with active stretches, such as jogging or jumping jacks, as well as passive stretches in each major muscle group to prevent injury. Stretching, as well as foam rolling, after activity can reduce muscle soreness and improve flexibility.

- **Eat a balanced diet.** Consume a well-balanced diet full of fruits, vegetables, and lean proteins at regular intervals, around the same time each day.
- **Get plenty of sleep.** Rest between practices, games and events is essential for recovery. A lack of sleep and muscle fatigue predispose an athlete to injury.  
Overuse injuries, caused by too many sports and not enough sleep, are most common among young athletes.
- **Get the proper equipment.** Prior to the start of practice, ensure that your child has all the necessary protective equipment: helmet, goggles, mouthguard, pads, shoes, etc.
- **Learn the proper technique.** Make sure your child knows the proper technique for throwing, tackling, kicking, catching, etc. Using proper form will help reduce the risk of concussion, sprains, tears and broken bones.

If parents notice a change in their athlete’s technique (such as the way they run or throw, persistent pain, swelling, or joint instability), it may be time to consult an orthopedist.

“Small, lingering injuries can become bigger issues if not managed properly,” comments orthopedic surgeon Ben Brown, DO, who joins Drs. Heydinger and Jared Preston in offering the latest in surgical and nonsurgical care in orthopedics and sports medicine at Clark-North Pavilion. “We work closely with primary care providers, high school

“Small, lingering injuries can become bigger issues if not managed properly. We work closely with primary care providers, high school trainers, and physical therapists to ensure that patients of all ages receive the quality and continuity of care they expect and deserve.”

– Ben Brown, DO

trainers, and physical therapists to ensure that patients of all ages receive the quality and continuity of care they expect and deserve.”

The team of orthopedic surgeons and sports medicine experts at Atlantic Health System’s Clark-North Pavilion offers multidisciplinary treatment for adults and children, from everyday fractures and sprains to complex ACL reconstructions, joint replacement and minimally invasive arthroscopic procedures. The 28,000-square-foot facility offers urgent care, multispecialty care, imaging services, physical therapy, an outpatient lab, and free and convenient parking, all in one location. ◀

**ATLANTIC MEDICAL GROUP**

Drs. Brown, Heydinger and Preston are part of Atlantic Medical Group, a multispecialty group of healthcare providers. For more information, visit [atlanticmedicalgroup.org/orthopedics/npc](http://atlanticmedicalgroup.org/orthopedics/npc).



**Atlantic Health System  
Clark-North Pavilion**

📍 140 Central Avenue, Suite 700, Clark, NJ

📞 732-943-5042

# Atlantic Health System and NYU Langone Health Announce Partnership on **ORGAN TRANSPLANTATION**

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

**N**ew Jersey-based Atlantic Health System and New York-based NYU Langone Health have teamed up to give patients greater access to heart and liver transplants and the coordinated, high-quality care needed to stay healthy.

### THE TRANSPLANT PROGRAM

The clinical affiliation will partner NYU Langone's nationally recognized transplant program with the nationally ranked Atlantic Health System Heart Care program located at Morristown Medical Center's Gagnon Cardiovascular Institute and the pioneering liver services at Overlook Medical Center in Summit, NJ.

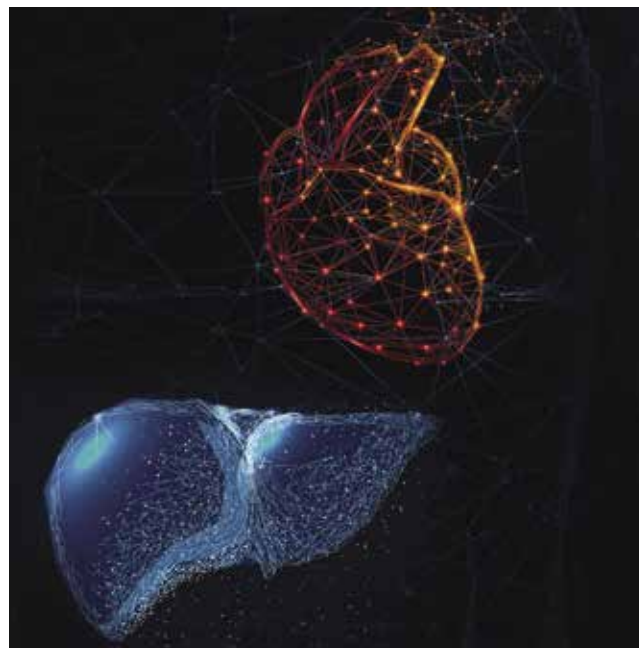
### PARTNERSHIP

"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 Gragnolati. "Our patients will now have the combination of 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 throughout the region will be able to 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. "Our comprehensive team of specialized surgeons, physicians, nurse coordinators, pharmacists, nutritionists, and social workers is excited to offer world-class care to patients of the Atlantic Health System and advance our joint mission to expand access to organ transplantation."



### HEART PATIENTS

At Morristown Medical Center, pre- and postoperative care for heart transplant patients will take place at Atlantic Health System's Heart Failure program, a multidisciplinary team that includes 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

At Overlook, Atlantic Health and NYU Langone will collaborate to develop a robust liver disease and transplant service that will diagnose and treat a broad spectrum of liver disease. Overlook Medical Center's vascular lab is already pioneering the diagnosis and treatment of fatty liver disease through a combination of transient elastography and portal duplex ultrasound.

Liver transplant care will begin on-site at Overlook with Harmit S. Kalia, DO, a board-certified hepatologist and director of liver transplant outreach at NYU Langone, who will join Overlook's medical staff while continuing to practice at NYU Langone. The majority of pre- and postoperative care for liver transplant patients can be provided by Atlantic Health System 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.**

## ATLANTIC MEDICAL GROUP TREATS FIRST PATIENT IN NEW GENE THERAPY FOR PHENYLKETONURIA



Darius Adams, MD

When it comes to genetic medicine, nothing is more fascinating than studying human biology to unlock the secrets of life. Just recently, a geneticist with Atlantic Medical Group treated the first patient in the United States with a promising gene therapy developed by BioMarin, to help patients metabolize phenylalanine – an amino acid found in nearly all proteins.

This clinical trial is being conducted by Darius Adams, MD, board-certified in clinical biochemical genetics and medical director of the Jacobs Levy Genomic Medicine and Research Program at Atlantic Health System. It is an investigational therapy for an adult diagnosed with phenylketonuria (PKU), a genetic disorder that affects people from birth.

### ON THE FOREFRONT OF GENOMIC MEDICINE

"We are excited to be studying this new therapy that could radically improve the lives of so many people," says Dr. Adams, who will monitor this patient for five years to determine the treatment's long-term safety and efficacy. "The impact of phenylketonuria stretches further than simply dietary concerns. The new therapy offers great promise for people to have a better quality of life, throughout their lifetime."

### CHALLENGING TREATMENT OPTIONS PREVIOUSLY AVAILABLE

PKU is caused by a genetic mutation in a person's DNA. The gene therapy carries a gene sequence to replace it, targeting the liver cells and releasing the genetic material. The body "reads" this gene sequence and makes a copy of the enzyme that breaks down the phenylalanine.

While a certain amount of phenylalanine is needed by the body, an overabundance can cause problems, from behavioral and intellectual disorders to severe brain damage. To date, patients who have PKU have limited treatment options beyond dietary restrictions that begin in a person's infancy or daily injections when they're older.

"We are in an exciting period of genomic medicine, exploring the ability to help correct genetic diseases," says Dr. Adams. "We are hopeful the success of this gene therapy will be the doorway to solving many more common health disorders."

"The impact of phenylketonuria stretches further than simply dietary concerns. It offers great promise for people to have a better quality of life, throughout their lifetime."

– Darius Adams, MD, medical genetics

### IDENTIFYING PKU AT NEWBORN SCREENINGS

Newborn screening began with the development of a blood test for phenylketonuria in the 1960s. The test was given to babies soon after birth, to allow physicians and dietitians to begin dietary therapy as needed – as soon as possible.

"At Goryeb Children's Hospital and Children's Health throughout Atlantic Health System, we strive to make patients' lives healthier from the very earliest stages of childhood," says Walter Rosenfeld, MD, chair of pediatrics. "While this initial trial involved an adult, its success offers great hope to parents and patients as an important new tool that could have a huge impact on their lives." ▲

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#### ATLANTIC MEDICAL GROUP

Dr. Adams is part of Atlantic Medical Group, a multispecialty group of health care providers. For more information about the Jacobs Levy Genomic Medicine and Research Program, please visit [atlantichealth.org/genomics](http://atlantichealth.org/genomics) or call 973-971-7634.

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# OVERLOOK MEDICAL CENTER



**TOP 1% IN THE U.S.**

NATIONALLY RECOGNIZED, LOCALLY LOVED.



**Atlantic Health System**

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[atlanticealth.org/overlook](http://atlanticealth.org/overlook)





Eric D. Whitman, MD, medical director for Atlantic Health System Cancer Care, founding director of the Atlantic Melanoma Center, and interim chief research officer for Atlantic Health System

## Can **AI** Help Predict the Spread of **Melanoma**?

**Y**ou've probably heard about artificial intelligence (AI) – machines programmed so they can “think” like humans and mimic our actions. Did you know that AI is increasingly used in medicine? The newly expanded Atlantic Melanoma Center at Overlook Medical Center is leading the way with a clinical trial directed by Eric D. Whitman, MD, a surgical oncologist and a board-certified general surgeon, by using AI combined with genetic profiles that have been shown to help make lymph node biopsies much more accurate.

“New tools like this will help us better understand patients’ risk of their melanoma spreading and perhaps even help some avoid sentinel lymph node biopsy entirely,” says Dr. Whitman, who is medical director for Atlantic Health System Cancer Care, founding director of the Atlantic Melanoma Center, and interim chief research officer for Atlantic Health System. “It is studies like these – available at few locations worldwide – as well as our use of the latest evidence-based treatments that make our center at Overlook Medical Center and Morristown Medical Center among the nation’s most advanced.”

Working with surgical oncologists Kai Bickenbach, MD; Irene E. Rossmer, MD; and Lee F. Starker, MD, PhD, at Overlook Medical Center, Dr. Whitman is leading innovative melanoma clinical trials, including studies of treatments that work with the patient’s immune system to fight cancer. A number of these promising studies are available through the Breakthrough Oncology Accelerator, a research partnership between Atlantic Health System Cancer Care and the Translational Genomics Research Institute (TGen) of Phoenix, AZ. ◀

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### **ATLANTIC MEDICAL GROUP**

**Drs. Whitman, Bickenbach, Rossmer and Starker are part of Atlantic Medical Group, a multispecialty network of health care providers. To make an appointment at the Atlantic Melanoma Center, call 908-522-6429. To learn more, visit [atlantichealth.org/melanoma](http://atlantichealth.org/melanoma).**

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# Revolutionizing the Removal of Complex Glioma Tumors

**G**liomas are one of the most common types of brain tumors – and one of the most difficult to treat. Surgery to remove the tumor, usually the first treatment step, is complicated because gliomas do not have clear biological boundaries. They are surrounded by what’s similar to a fog.

Using revolutionary, game-changing technology – along with 3-D glasses, high-definition monitors and a robotic exoscope (a high-definition video telescope operating monitor system) – the entire surgical team can now see the minute inner workings of the brain with pinpoint accuracy.

“Glioma surgery entails sculpting out a tumor that truly cannot be seen because of the surrounding fog and its relative positioning to the brain,” explains Yaron A. Moshel, MD, PhD, board-certified in neurosurgery by the American Board of Neurological Surgeons, co-director of Gerald J. Glasser Brain Tumor Center, and a neurosurgeon for Altair Health. “When these dense tumors infiltrate the

body’s most complicated organ, the brain, and become intertwined with the functional areas that control language, memory, motor, and sensory skills – as they often do – the risks and challenges of removing them intensify.”

Removing gliomas as safely and completely as possible requires years of experience and a deep understanding of the brain’s three-dimensional anatomy and functional relationships. Today, this expertise is supported by technological advances that enable more precise, less-invasive tumor removal.

## **FROM 2-D TO 3-D WITH STEREOTACTIC GUIDANCE**

Traditionally, neurosurgeons used two-dimensional MRI scans taken before surgery to help them envision the tumor and guide their approach in the operating room.

Now, with Medtronic’s StealthStation™ S8 Surgical Navigation System – the most advanced stereotactic guidance available – multiple types of MRI scans,



“Coming to battle with leading-edge technology and advanced tools continues to change the landscape of what’s possible with brain tumor surgery.”

– Fabio Frisoli, MD

including functional scans that illuminate speech and motor centers, can be overlaid with three-dimensional images of the tumor. This imaging and GPS-like technology help identify the tumor’s boundaries and provide a precise surgical line of sight.

“The move from 2-D to 3-D is significant,” adds Fabio Frisoli, MD, a neurosurgeon at the Glasser Center and Altair Health. “With a 3-D view of the tumor, you’re much more likely to be able to remove the tumor in its entirety while minimizing any potential disturbance to other areas of the brain.”

#### **FLUORESCENT IMAGING, GLOWING TUMORS AND THE STANDARD OF CARE FOR THE FUTURE**

Fluorescent imaging is one of the newest advancements in brain tumor care. Patients ingest 5-ALA, a liquid solution that circulates throughout the body and causes a malignant tumor to glow a bright orange color. The tumor fluorescence is seen with a special microscope equipped with a highly specific blue light filter. After years of use abroad, this emergent technology was recently approved for use in the U.S.

“The Glasser Center is one of the first providers in New Jersey to harness the power of fluorescent imaging for brain tumor care. We believe this fluorescent tracer will become the standard of care because of the immense

advantage it provides in distinguishing malignant cells from healthy tissue,” says Dr. Moshel.

#### **COMBINING TECHNOLOGIES WITH ADVANCED MICROSCOPES**

The newest microscope, the ZEISS KINEVO®, incorporates intraoperative fluorescent imaging of the tumor and the Stealth navigation 3-D images, giving neurosurgeons every piece of information they need during surgery, including a “heads-up display.”

“Before this technology, neurosurgeons would essentially look at a screen on their left displaying an MRI; then turn back to the operating table to apply what they saw on screen to the patient in front of them,” explains Dr. Moshel. “This combination of technologies now allows us to see everything right in front of us and safely remove some of the most complex tumors in some of the most difficult-to-reach locations.”

“Coming to battle with leading-edge technology and advanced tools continues to change the landscape of what’s possible with brain tumor surgery. These advances play a significant role in achieving enhanced outcomes and improved long-term prognoses,” Dr. Frisoli concludes. ▀

***To learn more about advanced surgery for brain tumors, visit [atlantichealth.org/glassercenter](http://atlantichealth.org/glassercenter) or contact Drs. Moshel and Frisoli at 973-993-7322.***



# LIFTING THE VEIL OF SILENCE ON SUICIDE

September is Suicide Prevention and Awareness Month. The time to talk about this once-taboo topic is *now*.

If there was a silver lining to 2020, it may be that the suicide rate in the United States fell by 5.6%, according to data from the Centers for Disease Control and Prevention. As it turns out, the pandemic may be one of the most significant reasons for that decline.

"During global crises, there is more focus on the external world than on internal turmoil," explains Peter Bolo, MD, a psychiatrist, interim medical director for Atlantic Behavioral Health, and the resiliency advocate for Atlantic Health System. "There was so much pain and suffering during the pandemic, some people felt more understood and less isolated in their internal feelings about suicide."

Additionally, though there was a lot of focus around anxiety and depression related to the pandemic, there also was a lot of support. "This decreased the stigma around mental health, so people were more likely to seek help," adds Dr. Bolo. These factors, in tandem with better accessibility to services (in part due to the expanded use of telehealth), likely combined to reduce the suicide rate.

## **AWARENESS IS CRUCIAL**

Although last year's downturn in suicide is encouraging, suicide remains a concern. This is particularly true for those with known risk factors, including mental illness, family history (this may be linked to genetic factors that contribute to mental illness), substance abuse, stressful life events, and access to firearms. Dr. Bolo makes the distinction, however, that "risk factors for suicide do not necessarily translate to suicidal behavior."

## **SPOT THE SIGNS ... AND SPEAK UP**

Warning signs that a person may be having suicidal thoughts include changes in behavior, isolation or withdrawal, depression, or the use of drugs or alcohol. "If you are having suicidal thoughts, it's crucial to seek help," Dr. Bolo stresses. "If you are seeing warning signs in someone, have a conversation to let that person know you're concerned. Ask, 'Have you thought about harming yourself? Have you thought about suicide?'" This opens the door for a person to be open about their thoughts. Otherwise, those thoughts fester and may overflow into behavior."

"If you are seeing warning signs in someone, have a conversation to let that person know you're concerned. Ask, 'Have you thought about harming yourself? Have you thought about suicide?' This opens the door for a person to be open about their thoughts."

– Peter Bolo, MD

### A BETTER MODEL: COLLABORATIVE CARE

One vehicle for reaching those in need of help is Collaborative Care, whereby a behavioral health clinician is embedded in a primary care office. If a patient needs medication or therapy, this can be addressed on-site.

Managing mental health in a primary care setting without having to refer people out is both efficient and effective, and Atlantic Health System is at the forefront of this model of care. "Atlantic Health System was the first in New Jersey to begin providing Collaborative Care and has the largest network, including six primary care practices and a pediatrics component, the latter being one of the few in the country," says Thomas Zaubler, MD, chair of psychiatry for Morristown Medical Center. Those practices include:

- Morristown Medical Center Family Medicine Adult and Pediatric
- Internal Medicine Faculty Associates, Suites 210 and 350, Morristown
- Madison Pediatrics
- AMG Primary Care of Union
- Chatham Family Medicine

"As a society, we're getting better at addressing mental health," says Dr. Bolo. "For too long, suicide was something people didn't speak about – it was considered too unfathomable and scary. But people are talking about it now. It's a positive reflection on the world." ▲



## DISPELLING MYTHS

Your perceptions about suicide may not mirror reality.

**MYTH:** Women are more likely to die by suicide.

**REALITY:** Females attempt suicide more often, but males are 3.7 times more likely to die by suicide, according to the CDC.

**MYTH:** Suicide is the purview of younger people.

**REALITY:** Males over age 65 and males ages 45 to 55 are the leading groups to die by suicide.

**MYTH:** If you suspect someone is having thoughts of suicide, raising your concerns may lead that person to act on their thoughts.

**REALITY:** Having a conversation about suicide is shown to decrease risk and help people connect to supports.

**IF YOU OR SOMEONE YOU KNOW IS FEELING AT RISK, HELP IS AVAILABLE.**

ATLANTIC BEHAVIORAL HEALTH: 1-888-247-1400

OVERLOOK MEDICAL CENTER  
24-HOUR CRISIS HOTLINE: 908-522-3586

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

## An Apple a Day ...

**T**hey're not just for eating on the go: Try incorporating your favorite apples into recipes like these for texture and sweetness, replacing much of the added sugar you might otherwise need.

But does eating an apple a day really help keep the doctor away? Consider this: Gale Reed, RDN, IFNCP, outpatient dietitian for Overlook Medical Center, explains that apples are an excellent source of fiber and vitamin C (especially

in the skin), as well as quercetin, a powerful antioxidant that may reduce inflammation, control blood sugar, boost immunity, and help prevent heart disease. Now is the time to start planning trips to orchards and farmers' markets to discover new (or new-to-you) and local varieties.

**To schedule an appointment with Gale Reed, RDN, IFNCP, outpatient dietitian for Overlook Medical Center, or to inquire about nutritional counseling, call 908-522-6114.**

### CURRIED CHICKEN

Per Serving (about 1½ cups): Calories: 300; Total Fat: 7 g; Carbohydrates: 25 g; Protein: 35 g; Fiber: 5 g; Sodium: 497 mg

#### INGREDIENTS

- 2 teaspoons canola oil, divided
- 1¼ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 large onion, chopped
- 1 medium apple, peeled, cored, and diced
- 1 medium green bell pepper, chopped
- 1 tablespoon minced garlic
- 1 tablespoon minced peeled ginger
- 1 tablespoon madras curry powder
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 1 can (14.5 ounces) diced tomatoes
- 1 cup reduced-sodium chicken broth

- ¼ cup raisins
- 1 tablespoon slivered or sliced almonds, toasted (optional)

#### PREPARATION

1. In a nonstick Dutch oven or large pot over medium-high heat, warm 1 teaspoon of oil. Add chicken; cook, turning occasionally, until browned (about 6 minutes). Transfer to a plate.
2. To Dutch oven, add remaining 1 teaspoon of oil and reduce heat to medium. Add onion, apple, bell pepper, garlic, and ginger; cook, stirring, until vegetables are softened (about 5 minutes). Stir in curry powder, cinnamon, and salt; cook, stirring, 1 minute more.
3. Return chicken to Dutch oven, along with tomatoes, broth, and raisins; bring to a boil. Reduce heat and simmer, covered, until chicken is cooked through and flavors are blended (about 15 minutes). Sprinkle almonds on top and serve.

### TAKE YOUR PICK

Whether a tried-and-true favorite or a lesser-known variety, these apples deliver crispy, crunchy, healthy deliciousness

#### Braeburn

- Best for eating, applesauce, pie
- Stores well

#### Cortland

- Best for eating, stewing, applesauce, pie
- Resists browning better than most varieties

#### Golden Delicious

- Best for eating, cooking, applesauce, pie, baking
- Do not let these linger; eat soon after purchasing

#### Granny Smith

- Best for eating, slicing for sandwiches and salads, baking, applesauce, pie
- A top all-purpose apple, even outside of apple season

#### Gravenstein

- Best for pie, sauce, baking
- An early season apple, best enjoyed in September

#### Honeycrisp

- Best for eating, salads, cooking, baking
- The perfect blend of crisp, juicy and sweet



Among the AMG-ACOHA team members who have taken the lead in medical practice giving are: Misty Stallworth; Ashish Khot, MD; Kishore Ballal; Maithili Rao, MD; Joshua Strauss, MD; Charlesse Pondt, MD; Ashish Shah, DO; Heather Bierman; and Marlene Schmitz-Pinkowsky, APN.

## Generous Practice Gift Supports Major Renovation

A leading hematology-oncology practice has made one of the largest gifts ever to Overlook Foundation from a physician's office.

Led by two six-figure pledges – one from Dr. Maithili Rao and her husband, Kishore Ballal, and a second by Dr. Ashish Khot and his wife, Dr. Rasha Batarseh – Atlantic Medical Group-Advanced Care Oncology and Hematology Associates (AMG-ACOHA) committed a total \$480,000 toward tripling the number of private patient rooms at Overlook Medical Center and enhancing the patient experience.

Three senior physicians in the practice – Drs. Charlesse Pondt, Joshua Strauss, and Ashish Shah – also made substantial pledges. Encouraged by these practice leaders, additional physicians, advance practice providers, and employees added their own gifts toward a naming opportunity to recognize the entire practice.

"Our partnership with Atlantic Health began with Overlook almost a decade ago when the practice was founded. Together, we had a shared vision to care for the community and improve cancer care in Union and Essex counties," says Ballal, the practice's chief operating officer. "We've now grown to 20 practitioners, and our gift is a token of

appreciation for all the clinical and administrative staff who take such amazing care of our patients."

The practice grew from one location in Springfield, NJ, to offices in West Orange, Morristown, Rockaway, and Hackettstown. AMG-ACOHA physicians have earned recognition as Top Doctors from *New Jersey Monthly* magazine for 10 consecutive years.

"Physicians first built Overlook 115 years ago, and we're partnering again with physicians to rebuild Overlook Medical Center from the inside out," says Clelia Biamonti, the Foundation's executive director. "AMG-ACOHA has set a high bar for generosity as we meet with other practices and ask them to support this critical endeavor for our communities."

"This gift is a milestone, and it's inspiring" says Dr. Jack Audett, Overlook's chief medical officer and chair of a physicians philanthropic council. "It leads a great response from our physicians as we envision a 21st-century facility to match our 21st-century expertise." ▲

**To learn more about the Overlook Foundation's efforts, contact Kenneth Cole at 908-522-2181 or [kenneth.cole@atlantichealth.org](mailto:kenneth.cole@atlantichealth.org).**

# community calendar Summer 2021

**Welcome to your Overlook Medical Center Community Calendar.**  
 Many of our classes will be held virtually or rescheduled.  
 Please call the telephone number listed or email the contact person for more information.  
**Please visit [atlantichhealth.org/calendar](http://atlantichhealth.org/calendar).**

## COMMUNITY HEALTH

For a complete list of offerings and details, please visit [atlantichhealth.org/calendar](http://atlantichhealth.org/calendar).  
 For more information, call 1-844-472-8499.

### VIRTUAL EXERCISE

**\$50 FOR EACH 10-WEEK SESSION**

**BARRE METHOD** Tuesdays, October 12-December 14, 5:30-6:15pm

**BETTER BONES BEGINNER** Thursdays, October 7-December 16 (no class November 25), 11:30am-12:30pm

**BETTER BONES INTERMEDIATE** Tuesdays, October 5-December 14 (no class November 23);  
*AND/OR* Thursdays, October 7-December 16 (no class November 25), 10:15-11:15am

**LITE & FIT** Tuesdays, October 12-December 21 (no class November 23);  
*AND/OR* Thursdays, October 14-December 23 (no class November 25), 2:00-3:00pm

**MUSCLES IN MOTION** Mondays, October 11-December 20 (no class November 22), 4:30-5:30pm

**THE POWER HOUR** Wednesdays, October 13-December 22 (no class November 24), 5:00-6:00pm

**ZUMBA® FITNESS** Thursdays, October 7-December 16 (no class November 25), 5:45-6:45pm

**ZUMBA® GOLD TONING** Mondays, October 4-December 13 (no class November 22), 11:00-11:45am

### VIRTUAL INTEGRATIVE WELLNESS

**\$50 FOR EACH 10-WEEK SESSION**

**ARTHRITIS EXERCISE PROGRAM** Mondays, October 4-December 13 (no class November 22);  
*AND/OR* Fridays, October 8-December 17 (no class November 26), 1:30-2:15pm

**GENTLE YOGA** Wednesdays, October 6-December 15 (no class November 24), 10:30-11:30am

**HATHA YOGA** Tuesdays, October 12-December 14, 6:30-7:30pm

**INTRO TO TAI CHI FOR MOBILITY & BALANCE** Wednesdays, October 6-December 15 (no class November 24), 11:00am-Noon

**MEDITATION FOR MINDFUL WELL-BEING** Mondays, October 11-December 13, 6:30-7:30pm

**SEATED & STANDING YOGA** Fridays, October 8-December 17 (no class November 26), 10:00am-11:00am

**TAI CHI CHIH INTERMEDIATE** Thursdays, October 7-December 16 (no class November 25), 11:00am-Noon

**YOGA INTERMEDIATE** Tuesdays, October 5-December 14 (no class November 23), 10:00-11:00am

### VIRTUAL PROGRAMS

**10 WARNING SIGNS OF ALZHEIMER'S DISEASE** Wednesday, September 22, 7:00pm

**BRAIN FITNESS: WHY IS IT IMPORTANT?** Thursday, October 21, 9:30am

**BREAST HEALTH** Tuesday, October 12, Noon

**CANCER PREVENTION** Monday, December 13, 3:00pm

**HEART-HEALTHY, CHOLESTEROL-LOWERING FOODS** Friday, September 17, 10:00am

**IMMUNE HEALTH** Thursday, December 9, 10:00am

**INCONTINENCE: AN UNCOMFORTABLE TOPIC MEETS PRACTICAL SOLUTIONS** Thursday, November 11, 10:00am

**LUNG CANCER AND TOBACCO CESSATION** Thursday, September 23, 7:00pm

**PROSTATE CANCER: SCREENING AND PREVENTION** Monday, September 20, 7:00pm

**STROKE AND DIABETES** Wednesday, November 17, 6:30pm

**STROKE AND HYPERTENSION** Friday, October 8, 1:00pm



## HEALTH & WELLNESS

All events take place at Atlantic Behavioral Health Outpatient, 2 Walnut Street, Summit, NJ 07305.  
Registration required; call 1-888-247-1400.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Monday, Wednesday and Thursday evenings, 5:30-9:30pm	<b>CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM</b> Three evening programs are available for those trying to remain abstinent from all substances.	For more information, call 1-888-247-1400.
Monday-Friday, 9:30am-3:30pm	<b>MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM</b> Group, individual, and family counseling as well as medication management for those who need an intense, time-limited treatment to improve their emotional health. Participants attend 3 out of 5 days per week. Aftercare groups available to graduates of the Mental Health Intensive Outpatient Program. Registration required.	For more information, call 1-888-247-1400.
Tuesdays, 10:30-11:30am (morning and afternoon groups)	<b>POSTPARTUM DEPRESSION GROUP</b> New mothers meet and learn coping and relaxation skills to help them with their new role.	For more information, call 1-888-247-1400.

## CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit <a href="http://atlantichhealth.org/cancercaresupport">atlantichhealth.org/cancercaresupport</a> or call 1-800-247-9580 for up-to-date information on classes, support groups and events.		
Second and fourth Thursdays of the month, 10:00am (currently meeting through Zoom)	<b>BREAST CANCER SUPPORT GROUP</b> A discussion-based peer support group facilitated by a registered nurse and a licensed social worker for women with breast cancer.	For more information and to register, call Kerry Ricci, MSW, LSW, at 908-522-5925.
<b>INTEGRATIVE PROGRAMS</b>		
The following Integrative Programs will be virtual. Contact Michele Wadsworth at 908-522-6168 or email <a href="mailto:michele.wadsworth@atlantichhealth.org">michele.wadsworth@atlantichhealth.org</a> . Chair Yoga   Expressive Writing   Jin Shin Jyutsu Self-Care   Mat Yoga   Mindful Movement & Meditation   Mindfulness Tools   Music Therapy   Qigong for Wellness   Reiki Circle		
Fourth Wednesday of the month, 2:30-3:30pm (currently meeting through Zoom)	<b>LIVING WITH CANCER SUPPORT GROUP</b> Registration is required.	Contact Maggie Brady, MSW, LCSW, at 908-522-5255 for details.
First Monday of the month, 3:00-4:00pm (currently meeting through Zoom)	<b>NUTRITION AND WELLNESS</b> Each month, our oncology dietitian, Johannah Sakimura, MS, RD, will present on a different topic in the nutrition realm. This program is ideal for patients who have completed treatment or have stable disease.	Contact Johannah Sakimura, MS, RD, at 908-522-5347 for more information.
Second Tuesday of the month, 10:00am (currently meeting through Zoom)	<b>PARENTING THROUGH CANCER</b> Open support group is for individuals who have been diagnosed with cancer and are parenting young children or teenagers. Facilitated by a licensed social worker, this group will allow patients to support one another as they balance their diagnosis with parenthood.	For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.
Thursdays, 6:00-7:30pm	<b>QUIT SMOKING PROGRAM</b> 1 Springfield Avenue, 3rd Floor, Summit, NJ 07091	Call Monica Giles, RRT, MAS, NCTTP, at 908-522-2296 for more information or to enroll.
Second Thursday of the month, 2:30-3:30pm (currently meeting through Zoom)	<b>POST-CANCER TREATMENT GROUP</b> Open support group for individuals who have had a diagnosis of cancer and have completed their treatment. This group offers the opportunity to support one another as we discuss issues and concerns related to survivorship.	For more information, call Lee Anne Caffrey, RN, MSN, OCN, at 908-522-5349.

## PARENTING & CHILDBIRTH

To view our classes online, visit [atlantichealth.org/prenatalclasses](http://atlantichealth.org/prenatalclasses) and scroll to "Overlook."  
To register online, visit [atlantichealth.org/overlookparented](http://atlantichealth.org/overlookparented).

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
<p><b>WEDNESDAYS AND THURSDAYS</b>, September 8 and 9, October 6 and 7, November 3 and 4, <i>OR</i> December 8 and 9, 6:30-9:30pm</p> <p><b>SATURDAYS</b>, September 18, October 16, November 13 <i>OR</i> December 18, 8:00am-1:00pm</p>	<p><b>ABCs OF GOING HOME WITH YOUR BABY: TWO-PART SERIES</b> Learn about your newborn's appearance, capabilities, wardrobe, equipment needs, daily care and bottle-feeding. One-day options also available.</p>	<p>For more information, email <a href="mailto:overlook.parented@atlantichealth.org">overlook.parented@atlantichealth.org</a>.</p> <p><b>FEE: \$75 PER COUPLE</b></p>
<p>Mondays and Tuesdays, 10:00-11:00am</p>	<p><b>AFTER YOUR BABY IS BORN: VIRTUAL BREASTFEEDING SUPPORT GROUP</b> A program for Mom and baby to help you breastfeed successfully. Focus on issues/problems that may arise. Review logistics of going back to work, proper use of a breast pump and breast milk storage. Engage in open discussions with other breastfeeding moms and their babies. Expecting moms may also join.</p>	<p>For more information, email <a href="mailto:overlook.parented@atlantichealth.org">overlook.parented@atlantichealth.org</a>.</p>
<p><b>MONDAYS</b>, October 25 and December 6, 6:30-9:00pm; <b>Wednesdays</b>, September 15, November 17 and December 15, 6:30-9:00pm</p> <p><b>SATURDAY</b>, October 23, 10:00am-12:30pm</p>	<p><b>BREASTFEEDING: GETTING STARTED</b> Learn various aspects of breastfeeding, including breast milk production, positioning and latch on to get your breastfeeding experience off to the best start. Partners welcome.</p>	<p>For more information, email <a href="mailto:overlook.parented@atlantichealth.org">overlook.parented@atlantichealth.org</a>.</p> <p><b>FEE: \$50 PER COUPLE</b></p>
<p><b>FRIDAYS</b>, September 3, 10 and 17; October 8, 15 and 22; November 5, 12, and 19; <i>OR</i> December 3, 10 and 17, 6:00-8:30pm</p>	<p><b>MINDFUL PREGNANCY AND BIRTH AT OVERLOOK: THREE-PART SERIES</b> Mindful meditation and breathing, stages of labor, comfort measures, positions for labor, medical interventions, choices in pain management, hands-on practice and tour. This combines most of the material covered in Prepared Childbirth classes.</p>	<p>For more information, email <a href="mailto:overlook.parented@atlantichealth.org">overlook.parented@atlantichealth.org</a>.</p> <p><b>FEE: \$150 PER COUPLE</b></p>
<p>Second Tuesday of the month, 10:00am (currently meeting through Zoom)</p>	<p><b>PARENTING THROUGH CANCER</b> Open support group is for individuals who have been diagnosed with cancer and are parenting young children or teenagers. Facilitated by a licensed social worker, this group will allow patients to support one another as they balance their diagnosis with parenthood.</p>	<p>For more information, call Kerry Ricci, MSW, LSW, at 908-522-5925.</p>
<p><b>SATURDAYS</b>, September 4 and 11, October 2 and 9, November 6 and 13, <i>OR</i> December 4 and 11, 9:00-11:00am</p> <p><b>SUNDAYS</b>, September 12 and 19, October 17 and 24, November 14 and 21, <i>OR</i> December 12 and 19, Noon-2:00pm</p> <p><b>THURSDAYS</b>, September 16 and 23, October 14 and 21, November 11 and 18, <i>OR</i> December 16 and 23, 6:00-8:30pm</p>	<p><b>PREPARED CHILDBIRTH CLASS AT OVERLOOK: TWO-PART SERIES</b> Prepare for the big event: Topics include stages of labor, comfort measures, including breathing and relaxation techniques, partner's role, medication options, hospital stay and cesarean birth.</p>	<p>For more information, email <a href="mailto:overlook.parented@atlantichealth.org">overlook.parented@atlantichealth.org</a>.</p> <p><b>FEE: \$150 PER COUPLE</b></p>

## WEIGHT LOSS

Call 908-522-5794 for up-to-date information at the Atlantic Health Weight & Wellness Center.

## CAREGIVERS

Are you caring for a family member or loved one? The Caregivers Center is coming to you virtually, offering therapeutic services such as Music Therapy, TaijiFit and Expressive Writing. Come Zoom with us for a small dose of comfort, healing and self-care.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays, 3:30pm	<p><b>EXPRESSIVE WRITING FOR CAREGIVERS</b></p> <p>The practice of expressive writing allows us to process our feelings from many different perspectives. Please join us via Zoom for lively readings and writing prompts. Everyone has a story, and this offers you a chance to share your story in a safe and supportive way. You do not have to be a writer or poet to participate.</p>	For more information, call 908-522-6348.
Wednesdays, 12:30pm	<p><b>MUSIC RELAXATION WITH JULIE SHERWOOD</b></p> <p>Relaxing music meditation for caregivers through Zoom to help you recharge. The purpose of these sessions is to reduce stress, anxiety and help with sleep. No prior musical experience is needed to benefit from these sessions, which are specifically tailored to the caregiver's needs and musical interests.</p>	For more information, call 908-522-6348.
Mondays and Thursdays, Noon	<p><b>TAIJIFIT</b></p> <p>What is TaijiFit? It is a body/mind workout that combines the best elements of fitness, meditation, Qigong and traditional Tai Chi. There is no routine or choreography to memorize. All you have to do is open your mind, heart and breath while following the instructor's lead.</p>	For more information, call 908-522-6348.

## SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Thursday of the month, 5:00-6:00pm	<p><b>NEURO-ONCOLOGY NEW PATIENT SUPPORT GROUP</b></p> <p>The group will include presentations by experts with advice on a variety of topics; a chance to "ask us anything," with your questions fielded by a doctor and nurse practitioner; and an opportunity to share your thoughts and feelings. One family member or friend is invited to participate with you.</p>	For more information, contact Janet LeMonnier, MSW, LSW, at <a href="mailto:janet.lemonnier@atlanticealth.org">janet.lemonnier@atlanticealth.org</a> or 908-522-5159.
Third Thursday of the month, 6:00-7:00pm	<p><b>BRAIN TUMOR SUPPORT GROUP</b></p> <p>An opportunity for new and existing patients to share their experiences and an education session with monthly speakers/activities.</p>	For more information, call Claire Weiss, coordinator for the Center for Hope Foundation at 1-833-425-8247.
Various dates and times	<p><b>HEALING YOUR GRIEVING HEART</b></p> <p>Bereavement support group for those who have experienced a recent death. The group will provide a safe environment to share feelings and experiences. Our groups are time-limited, so call for details regarding the schedule.</p>	Contact Marian Teehan, MSW, LCSW, at 908-522-6348 for details.
Second Tuesday of the month, 2:00-3:00pm	<p><b>OSTOMY SUPPORT GROUP</b></p> <p>Supported by the Union County Chapter of United Ostomy Association of America. This is free and registration is not required. Overlook Medical Center, Medical Arts Center Building (MAC II) Conference Room, 11 Overlook Road, Summit, NJ 07901</p>	For more information, email Ellyn Mantell at <a href="mailto:ellynmantell@aol.com">ellynmantell@aol.com</a> .
Second Monday of the month, 7:30-8:30pm	<p><b>PERINATAL BEREAVEMENT SUPPORT GROUP</b></p>	Registration is required. For more information, call 908-522-2946.
Second Thursday of the month, Noon-1:00pm (currently meeting through Zoom)	<p><b>STROKE SUPPORT GROUP</b></p> <p>Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Registration is required.</p>	For more information, email <a href="mailto:megan.ewing@atlanticealth.org">megan.ewing@atlanticealth.org</a> or call 908-522-5933.

**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**