

AtlanticView

at Overlook | Spring 2018

MOMENTS THAT MATTER

A BETTER LIFE THROUGH WEIGHT LOSS

READ KATHLEEN'S STORY

It's Time to Talk About
Mental Health Issues

The Doctor Is In
Meet Our Hospitalists

Leading the Fight
Against Lung Cancer

Healthgrades®, the leading online resource for comprehensive information about physicians and hospitals, recognized Overlook as one of “America’s 100 Best Hospitals” for the second year in a row. The distinction places Overlook in the top 2 percent of hospitals in the nation for clinical performance. This comes on the heels of Healthgrades’ recognition of Overlook in January, when we received the 2018 Distinguished Hospital Award for Clinical Excellence™. This distinction – the fifth consecutive time for Overlook – once again placed us among the top 5 percent for clinical performance among nearly 4,500 hospitals nationwide. These recognitions come with hard work and a steadfast dedication to continuous quality improvement by all of our staff.

In this issue of *AtlanticView*, you’ll meet some of our heroic physicians who proudly served in the U.S. military, all the hospitalists who care for our inpatients throughout their stay, and Kathleen, who credits the bariatric specialists at Atlantic Health Weight & Wellness Center with helping her lose 100 pounds and changing her world. Two new studies have expanded the qualifications for weight loss surgery, making it available to more people. In addition, two lung cancer screenings are available for current or former smokers and those who’ve been exposed to second-hand smoke. And, we’re participating in the No More Whispers program aimed at eliminating the stigma

connected with mental health issues.

You’ll also hear about our new website and learn how you can take control of your health care records with MyChart, the patient portal that enables you to securely use the Internet to communicate with your doctors, receive test results, request prescription refills, manage appointments and more. Your electronic medical record is a chronicle – an ever evolving story of your health history. At Overlook, we feel privileged to write that story with you as your partner in care anytime you need.



Alan Lieber

ALAN LIEBER
President,
Overlook Medical Center

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

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CEO's corner

Creating Healthier Communities - We're More Than Hospitals

When you hear about Atlantic Health System, you may naturally think hospitals. But "system" is what we are all about.

We are an integrated care delivery system that serves 4.9 million people across New Jersey. Integrated in that we work as a system – across more than 400 sites of care – to coordinate the health services patients need throughout their lives. We are not only healing illnesses in our hospitals, but encouraging and supporting a lifetime of health and wellness for our patients across our system of care.

Our patients connect with us through the offices of our affiliated physicians, urgent care clinics, hospitals, home care and hospice providers, rehabilitation facilities, medical laboratories, therapy and imaging centers - even from their home computers and smartphones. Should our patients need hospitalization, we are there to provide them with the best possible experience. But for everyday needs, our system of care is there, right in the heart of the communities we serve.

That's what we mean when we say that Atlantic Health System is working hard to deliver the highest quality care at the right time, at the right place, and at the right cost.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System

recent awards



OVERLOOK MEDICAL CENTER MAKES AMERICA'S 100 BEST HOSPITALS™ LIST

Healthgrades® has named Overlook Medical Center as one of America's 100 Best Hospitals™. Overlook was also recognized in the categories of stroke care, general surgery and critical care as well as bariatric surgery, cardiac care, critical care, gastrointestinal care, gynecologic surgery, labor and delivery, neurosciences, orthopedics, patient safety and pulmonary care for 2018.



In addition to these honors, *U.S. News & World Report* named Overlook a 2017-2018 Best Regional Hospital and recognized the hospital as a High Performer in four specialties: colon cancer surgery, diabetes & endocrinology, heart failure, and neurology and neurosurgery.



New Jersey Doctors Rank Overlook Medical Center Among NJ's Top Hospitals

It's official: New Jersey doctors have voted Overlook Medical Center among the top hospitals in the state, according to Castle Connolly. The hospital is also ranked as a top performer in the categories of breast cancer, congestive heart failure, high risk pregnancies, hip and knee replacement, neurological disorders, pain management, prostate cancer and stroke.



STAY ON TOP OF ATLANTIC HEALTH SYSTEM NEWS

AtlantiCast is Atlantic Health System's very own newscast. Broadcast every two weeks, AtlantiCast is a local news source for all things happening at Atlantic Health System's hospitals and the communities we serve.

You can view AtlantiCast on the television screens throughout our system as well as at atlanticcast.org. It is also available on local news outlets.



CAMP CLOVER MARKS 8TH YEAR OF LIFTING CHILDREN'S SPIRITS AFTER LOSS

Atlantic Home Care and Hospice will run its eighth annual Camp Clover, a bereavement day camp for children ages 7 through 15 who have experienced the death of a close relative or friend. Camp Clover will run from August 14 through 17, from 9:00am to 3:00pm, at Camp Riverbend in Warren.

Against a backdrop of traditional camping activities like swimming, sports and arts and crafts are educational

activities to help children through their grieving process. The week culminates in a moving and meaningful family dinner.

Social workers, teachers and other trained volunteers staff Camp Clover. The camp is free to all children, and busing and lunch are provided. To register, volunteer or donate, please contact Diane Coloney at diane.coloney@atlantichealth.org or call 973-379-8444.



ATLANTIC HEALTH SYSTEM MAKES FORTUNE'S '100 BEST COMPANIES TO WORK FOR' LIST

Atlantic Health System is celebrating after being recognized among *Fortune's* "100 Best Companies to Work For[®]," for the 10th consecutive year, ranking number 74.

It is the only health care delivery system from New Jersey, and the top-ranked New Jersey-based company on the list.

NEW ATLANTIC HPV CENTER OPENS

The same strain of human papillomavirus (HPV) responsible for cervical, penile and anal cancer is now a leading cause of head and neck cancer. In fact, HPV-related cancers of the tonsil region and base of the tongue, or oropharynx, have tripled in the past several decades. Patients more affected are those between the ages of 40 and 60, who often have no obvious risk factors for cancer.

To help combat this rise of HPV-associated oropharyngeal cancers, the head and neck cancer experts at Atlantic HPV Center provide diagnostic screenings, education and counseling, and individualized treatment options that use cutting-edge techniques. For more information, call 973-971-7352.

ONE STEP FORWARD

For those with diabetes, checking your feet is as essential as checking your glucose

Diabetes is more than just a footnote on a medical record; it's a systemic condition that affects the body from head to toe. "Diabetics are more prone than the average population to experience problems with their feet," says Robert Hutchison, DPM, FACFAS, an attending surgeon at Overlook Medical Center and at Overlook Wound Healing at the hospital's satellite Union Campus.

Diabetes-related foot issues are often twofold. With diabetic neuropathy, damage to nerves in the legs, feet and toes means that patients may not feel heat, cold or pain in the lower extremities. It is not uncommon for a small cut or an ingrown toenail to go undetected because it cannot be felt. A simple injury that goes undetected becomes more complex by the body's inability to heal properly. For these reasons, Dr. Hutchison advises diabetic patients to do a visual inspection of their feet every day, seek regular foot care from a podiatrist, and wear shoes that reduce pressure points on the feet. "The best measure of all," he adds, "is to keep blood sugar under control, and follow up with your doctor."

Unfortunately, he says, "Most people don't make the necessary lifestyle changes to get their diabetes under control. Often by the time a patient sees a doctor for a foot injury, the problem is already far gone – that's what leads to amputation."

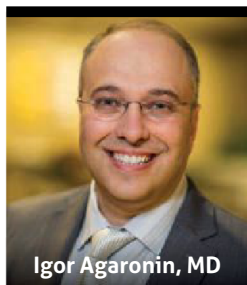


"The physicians at Overlook saved me from sepsis, saved my foot and helped me to heal." See Daryl's story in the Winter edition, online at atlantichealth.org/atlanticview.

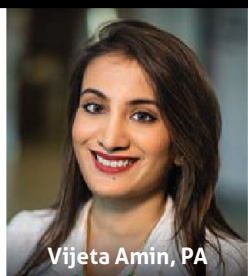
Patients who turn to Overlook's Carole and Joseph Katz MD Wound Healing Center, Overlook Wound Healing – Union Campus, and Overlook Hyperbaric Medicine have access to a multidisciplinary group of physicians (internists, infectious disease specialists, dermatologists, podiatrists, and vascular and plastic surgeons), nurses with specialized training in wound care and ostomy care, and every possible modality for healing chronic wounds. These include skin substitutes, skin grafts, special dressings and hyperbaric oxygen therapy. "At Overlook, we treat each patient based on his or her individual needs and treat them until they are done, for as long as it takes, whether that's a couple of weeks or several months," says Dr. Hutchison. "The sooner a patient seeks help, the better." ▀

Meet All Our Atlantic Medical Group HOSPITALISTS

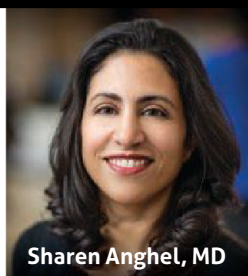
We're pleased to introduce our team of dedicated hospitalists who provide care and compassion to patients 24/7 throughout their stay at Overlook Medical Center. They are focused entirely on the care of our patients while they are in the hospital, coordinating and directing all aspects of medical care, diagnostic tests, treatments and charting their progress. They communicate with the patient's primary care physicians and specialists to ensure continuity of personalized care.



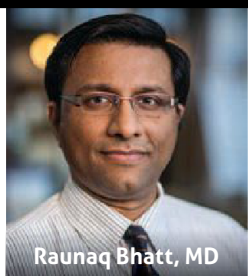
Igor Agaronin, MD



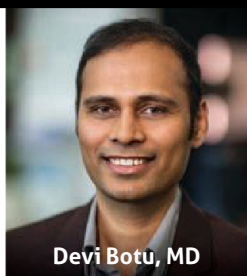
Vijeta Amin, PA



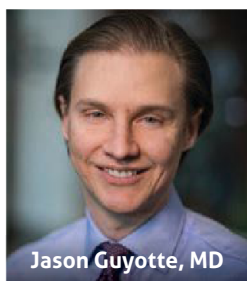
Sharen Anghel, MD



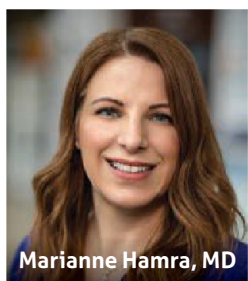
Raunaq Bhatt, MD



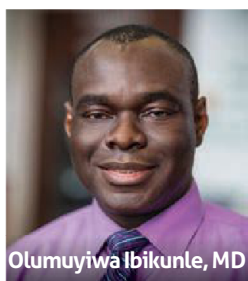
Devi Botu, MD



Jason Guyotte, MD



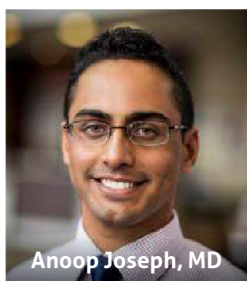
Marianne Hamra, MD



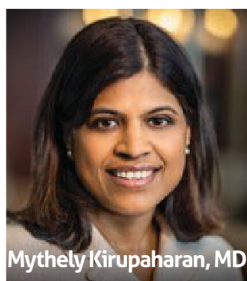
Olumuyiwa Ibikunle, MD



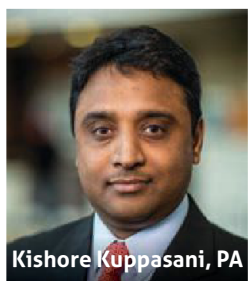
David Jordanovski, MD



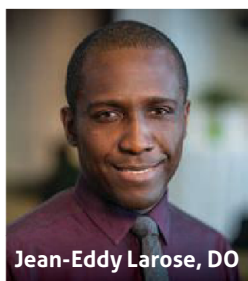
Anoop Joseph, MD



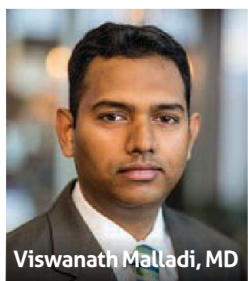
Mythely Kirupaharan, MD



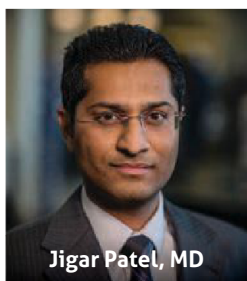
Kishore Kuppasani, PA



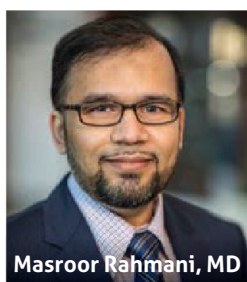
Jean-Eddy Larose, DO



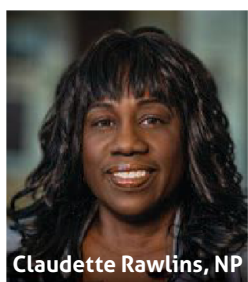
Viswanath Malladi, MD



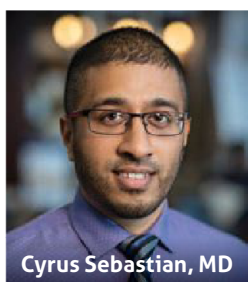
Jigar Patel, MD



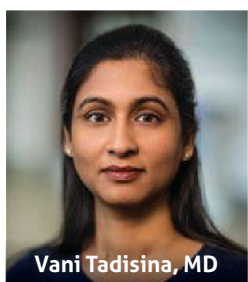
Masroor Rahmani, MD



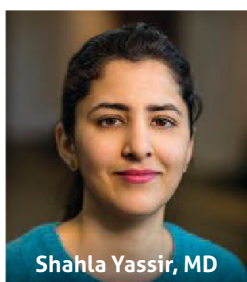
Claudette Rawlins, NP



Cyrus Sebastian, MD



Vani Tadisina, MD



Shahla Yassir, MD

The Doctor Is In

Hospitalists are changing the face of inpatient health care

If you or a family member are hospitalized, it's likely you will come in contact with a hospitalist – a board-certified physician who specializes in the care of hospitalized patients. "As patients have become more complex within the hospital, the medical hospitalist often acts as the leader of the patient care team, overseeing advanced medical management, care coordination, communication, and goals of care," explains Sharen Anghel, MD, section chief of hospital medicine for Overlook Medical Center.

This does not mean that hospitalists are a replacement for a patient's primary care doctor or specialists; rather, they are an extension of their care. From the moment you arrive to the moment you go home, the hospitalist communicates with the primary care physician about each patient's care and progress. Paul Zukoff, MD, FACP, who practices internal medicine with New Providence Internal Medicine Associates, is a firm believer in the benefits that hospitalists provide to his patients. "Patients' acute and immediate problems are effectively treated while in the hospital by the hospitalist physicians," he says. "Then, care is seamlessly transitioned to the primary care doctor's office, where we can continue to manage chronic and



L->R top: Igor Agaronin, MD, Anoop Joseph, MD, Viswanath Malladi, MD, Marianne Hamra, MD, Raunaq Bhatt, MD, David Jordanovski, MD, Devi Botu, MD and Jean-Eddy Larose, MD. L->R bottom: Jason Guyotte, MD, Shahla Yassir, MD, Sharen Anghel, MD, Vijeta Amin, PA, and Cyrus Sebastian, MD.

ongoing problems. The key to this success is constant communication between our office and the hospitalists. The hospitalists have access to our care information and, once the patient is released, we receive a copy of the discharge summary to transition care back to our office. Our care coordinator immediately contacts the patient after discharge to update all medication changes and schedule an appointment to see us in the next several days. The seamless process from hospital to home mitigates potential errors and ensures continuity of care."

Patients who are part of an Atlantic Medical Group primary care practice already have their records in the hospitalists' hands through Epic, the electronic medical records system currently being adopted in Atlantic Health System's hospitals and medical offices (see page 9).

The goal of the hospitalist is to help patients return home healthy, and as quickly as possible. In addition to having the necessary expertise in managing complicated inpatient cases on a daily basis, hospitalists are able to coordinate all aspects of care throughout a hospital stay. And since the hospital itself is the hospitalist's "office" (Overlook's team

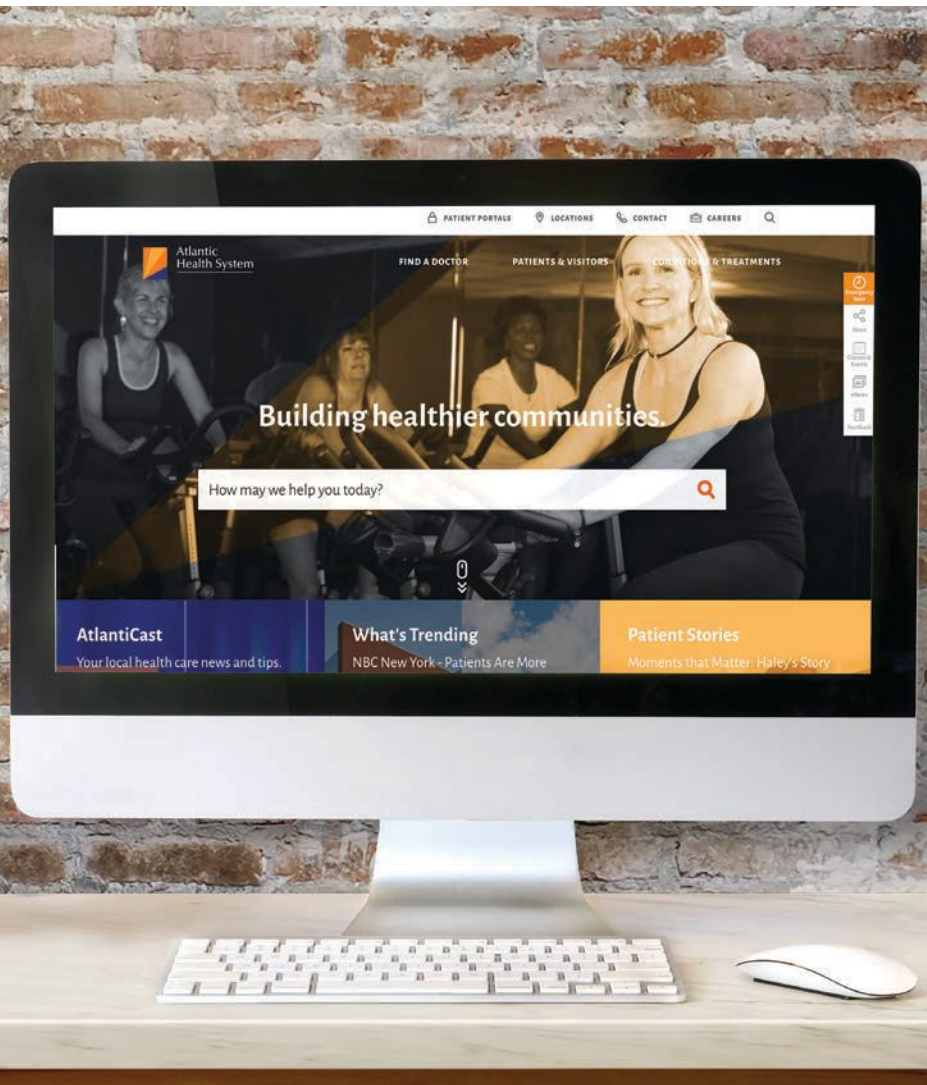
of hospitalists works only within the hospital, not in off-site offices), they are available to patients around the clock. This makes them well suited to improving communication among team members, enhancing care transitions, increasing patient satisfaction and improving outcomes, explains Dr. Anghel. Hospitalists tend to be more available for responding quickly to test results and answering questions. They are more accessible to patients and family members, and are on hand to assist patients and families in making medical decisions. Considering that a patient's condition can fluctuate during the course of a day, the on-site availability of Overlook's hospitalist team to monitor a patient's status and swiftly address problems helps to remove any barriers to timely care.

Hospitalists work to reduce the length of a patient's stay and oversee discharge from the hospital, which helps to facilitate an easier transition back to primary care, or to follow-up care outside the hospital, if necessary. Although the role of a hospitalist may be a new concept to many patients, their contributions to patient care are true assets. ▲

It's All About You

Expect an improved Atlantic Health System website experience

The new Atlantic Health System website was designed with YOU in mind. Connect quickly and easily with the services you need, or take a deep dive to find information that can help you improve your health.




YOU ASK, AND WE ANSWER

How can we help you? It's the first question you'll see on our website. We know you are busy, and we want to help you get the answers you need as easily as possible. That's why we've enhanced the search experience in multiple ways. It offers predictive search to help you spell those often difficult medical terms. And it goes beyond traditional searches to match you with those physicians most experienced and qualified to deal with your specific health needs.

YOU'RE ON THE MOVE ... WE WON'T SLOW YOU DOWN

Our new mobile experience is as fast as you are. Simple to navigate with action buttons, touch screen features, videos and more.

HELP YOURSELF

Another brand-new web feature is a series of do-it-yourself health quizzes, or "health assessments." Topics include allergies, depression, heart health, pain and more. And for more DIY capabilities, including online appointments, communications with your doctor's office, access to your medical records and test results, ask about MyChart. 

Like you, the website will continue to evolve and grow. We look forward to seeing you at our new home. **Come visit us at atlantichhealth.org.**

ONE PATIENT, ONE MEDICAL RECORD...ONE **ATLANTIC HEALTH SYSTEM**

Your electronic
medical record does
more than chronicle
your health history



One patient, one record, one Atlantic Health System. That's the guiding principle behind Epic, the electronic medical records system currently being adopted in Atlantic Health System hospitals and medical offices. Epic elevates the health care experience for patients and providers by engaging patients as active partners in health care enabling collaboration among physicians, facilitating communication and improving access to information.

When you are treated by one Atlantic Health System physician, that information becomes accessible to all Atlantic Health System physicians. This translates into fewer inefficiencies like duplicated tests and lost time, fewer empty boxes in a medical history, and fewer barriers to expedited care. This view of your health record can be especially helpful in emergency situations, when access to information can be critical.



As an Atlantic Health System patient, you share ownership of your personal Epic record through MyChart, a patient portal that allows 24/7 access to portions of your electronic medical record. You securely use the Internet to receive test results, communicate with doctors, manage appointments, request prescription refills and more. Remember, it's your information, your health. With MyChart, you can now have it all at your fingertips.

Become better connected to your health and health care providers – go to mychart.atlantichealth.org or download the app from the App Store. ▲



WE'VE GOT **CANCER**



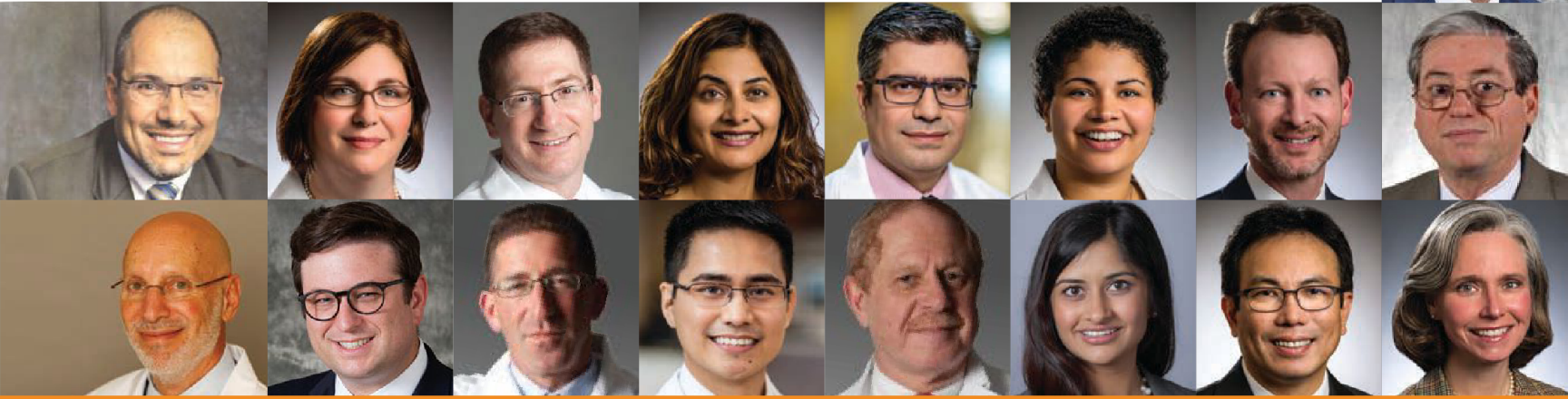
Visit atlanticealth.org/cancercare to request a

Where you go for cancer care matters.

At Atlantic Health System, our patients are supported by a multidisciplinary team of renowned cancer specialists, regionally and nationally recognized as experts in their fields. It's an all-encompassing community of cancer care, masterfully equipped to give you every option available.



SURROUNDED



copy of our 2018 Cancer Care Physician Directory



Atlantic Health System
Atlantic Medical Group

atlanticmedicalgroupnj.org 1-844-264-2250

A BETTER LIFE THROUGH WEIGHT LOSS





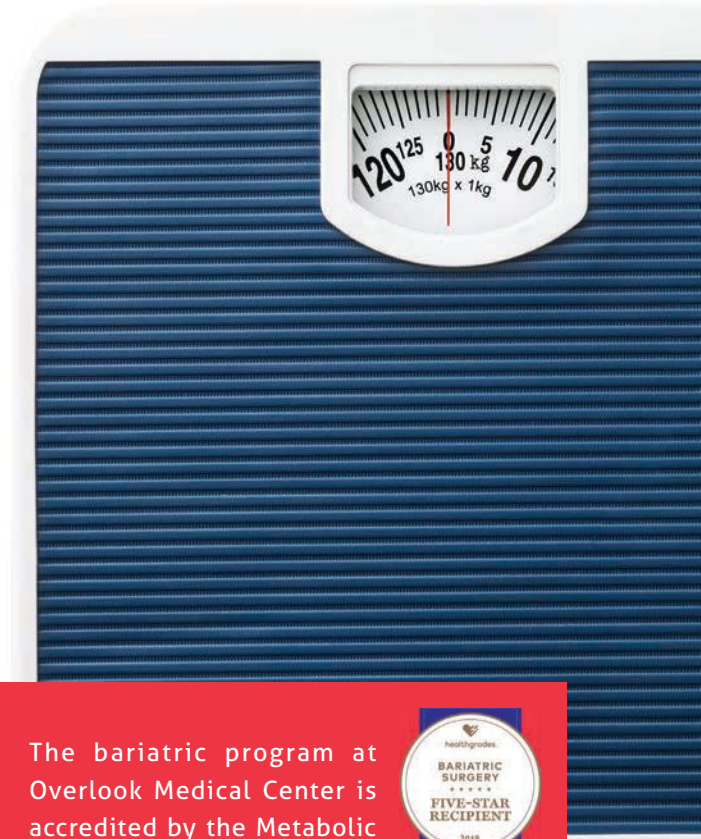
Bariatric surgery provides an effective pathway to health and wellness

When Kathleen Magalhaes-Jardim looks in the mirror these days, she sees half the person she used to be, and all of the person she has worked so hard to become.

For years, Kathleen – like so many people – watched as the numbers on the scale grew larger and her world became smaller. “I wasn’t able to play games with my kids, and they started to ask questions about why I couldn’t do certain things,” she says. “That broke my heart.” It was not that she did not want to run around with her son and daughter; rather, at 250 pounds, her weight was holding her down.

In December 2015, Kathleen underwent bariatric surgery at Atlantic Health Weight & Wellness Center at Overlook Medical Center, where Joao Lopes, MD, performed a laparoscopic gastric sleeve. By removing part of the stomach and joining together the remaining portions, the surgeon forms a sleeve that is a fraction of the size of the former stomach. This smaller stomach means patients feel full much faster than they did prior to surgery, and are therefore unable to eat as much. Additionally, the part of the stomach that produces ghrelin, “the hunger hormone,” is removed during surgery.

“Most diets don’t work,” says Dr. Lopes. “People gain back the weight or even gain more weight. But with bariatric surgery, we recalibrate the stomach so it’s smaller, and we also reset the metabolism. We give patients the tools they need in order to succeed,



The bariatric program at Overlook Medical Center is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, a joint accreditation program between the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. The multidisciplinary program is recognized as No. 1 in New Jersey for quality and volume, and Overlook received a Healthgrades® award for bariatric surgery, ranking it among the top 5 percent in the country.



For more information about bariatric surgery, call 908-598-6517.

"I'm completely a new person. I can participate in their activities. I used to tell them, 'Go from here to there' - but now I actually go with them. This is the new me!"

– Kathleen Magalhaes-Jardim

but they still need to commit to making lifestyle changes."

Prior to her surgery, Kathleen was dealing not only with obesity but with sleep apnea, and she teetered on the borderline of diabetes. She knew that if she did not take this step, then her health would continue to decline. In fact, reports Dr. Lopes, complications from obesity are now the second leading cause of death in the United States.

For Kathleen – who has lost more than 100 pounds and has gained newfound energy – her only regret is that she did not have surgery sooner. "I'm completely a new person," she says proudly, noting that she can now ride bikes with her kids, Nichollas, 10, and Nathallia, 9. "I can participate in their activities. I used to tell them, 'Go from here to there' – but now I actually go with them. This is the new me!" ▲

IS BARIATRIC SURGERY RIGHT FOR ME?

The decision to have weight loss surgery begins with you

"Most of my patients can recall the exact moment they decided to take charge of their weight and their health," says Ajay Goyal, MD, director of bariatric surgery for Overlook Medical Center. For some, it was a diagnosis of high blood pressure or type 2 diabetes. For others, it was the realization that they could not keep up with their child on the playground. If you're facing a similar moment and wondering if weight loss surgery is right for you, Dr. Goyal offers the following suggestions.

- **Do you qualify?** The first consideration is your body mass index (BMI), which is a calculation based on height and weight. If your BMI is 40 or above, you meet the first clinical qualification for bariatric surgery. If your BMI is between 35 and 39.9, you may be a candidate if you also have an obesity-related illness. Other qualifications will be assessed when you meet with your surgeon, and tests will be required to make sure you are healthy enough to undergo surgery. Through Atlantic Health Weight & Wellness Center at Overlook Medical Center, concierge service makes it easy to complete most tests in just one day.
- **Do some research.** Take the time to learn about different bariatric procedures (gastric sleeve is currently the most popular, but other options exist) and the lifestyle changes that are necessary for success.
- **Write down your questions.** Maybe you're wondering about pregnancy after surgery, or how surgery will affect a medical condition. Perhaps you've heard that you cannot eat certain foods post-surgery. Your first appointment with your surgeon is the time to ask all of these questions so you can make an informed decision.
- **Are you committed?** Surgery is only a tool, explains Dr. Goyal. You must also be committed to necessary lifestyle changes and to the follow-up visits associated with any bariatric procedure.
- **Do you have a support team in place?** Family and friends play a large role in your success, because they are the ones who are by your side when you interact with food. Having the support of your loved ones goes a long way.

More people than ever before are now candidates for weight loss surgery. Dr. Goyal is the primary investigator on two studies that expand the population of bariatric patients. The Low BMI Study departs from the usual criteria by lowering the BMI requirement to 30 to 35 for those who have certain medical conditions. In addition, the Adolescent Bariatric Surgery Study makes surgery accessible to teens 15 years of age and older.

"Weight loss surgery is a lifelong commitment," adds Dr. Goyal. "But with preparation on your part, support from your loved ones, and education from your surgeon, you will be able to make a decision about whether bariatric surgery is the best choice for your life and your health."

LEADING THE FIGHT AGAINST LUNG CANCER

This quiz could save your lungs – and your life. Answer these four quick questions:

- 1. DO YOU SMOKE?**
- 2. ARE YOU A FORMER SMOKER?**
- 3. HAVE YOU BEEN EXPOSED TO SECONDHAND SMOKE?**
- 4. DO YOU KNOW SOMEONE WHO WOULD ANSWER "YES" TO THE QUESTIONS ABOVE?**

If you answered "yes" even one time, lung specialists at Atlantic Health System have news that could improve your health or the health of someone you know.

"Our biggest success in treating lung cancer is when we find it early, so we've put screening programs in place to accomplish that," says Mark Widmann, MD, director of the lung cancer program for Carol G. Simon Cancer Centers at both Morristown and Overlook medical centers. "For decades, we've been at the forefront of efforts like this, and we offer some of the most advanced screenings and treatments available anywhere."

For example, as part of a research trial, Atlantic Health System offers people exposed to secondhand smoke the unusual option to get a screening.

DEMONSTRATING QUALITY

For any screening and treatment, the experience of the staff is important, Dr. Widmann says. Lung cancer specialists at Atlantic Health System have earned high marks in several national rankings.

"Choose a program that can demonstrate its focus on quality," he says. ◀



GOT 10 MINUTES?

Because lung cancer is the No. 1 cancer killer in the U.S., screenings to find it early could help thousands of people. However, only two out of 10 people with lung cancer find it early, when it is most easily treated.

Specialists at Atlantic Health System offer two screenings to address this issue. Both involve a low-dose CT scan that takes less than 10 minutes.

For smokers and former smokers, the lung cancer screening program at Atlantic Health System focuses on people between the ages of 55 and 77 who do not have lung cancer. See if you qualify for this service: call 1-855-862-2778.

For people who have been exposed to secondhand smoke, Atlantic Health System is part of a clinical trial to determine the most effective way to catch lung cancer early. Ask about the "FAMRI trial" at Morristown Medical Center: 973-971-5235. At Overlook Medical Center, call 908-522-6104.





Soothing Paws®

Pet Therapy Is Worth Barking About

Health care is going to the dogs. And before you think that's a bad thing, you need to experience Soothing Paws in person.

With 85 dog and handler teams in our program, Soothing Paws is making a difference in the lives of patients and hospital staff by providing stress relief when it's needed most. In addition to scheduled rounds at each hospital in Atlantic Health System, visits are available by request for most patients, their families and visitors.

"We're constantly stopped in the halls so patients, families and hospital employees can kneel down, pet and talk

to our dogs," says Mildred Kowalski, PhD, RN, the Morristown nurse researcher who manages the Soothing Paws Program. "Because our dogs are so gentle and loving, they provide immediate and enduring comfort. It's an absolutely amazing form of therapy."

The pups are so popular they even have their own trading cards, which are handed out (along with hand sanitizer) following each and every therapy encounter. How popular is Soothing Paws? In 2017, our dog-handler teams averaged 200 visits per month to patients in need of smiles across all medical centers in the system.



"The program is a huge success and continues to grow in popularity since it began in 2007," says Kowalski. "We're always looking for new dogs, so consider joining the program if you have a loving pet. It's a very rewarding way to volunteer."

All dogs in the program must be registered after a training process and most, but not all, are handled by their volunteer owners. ▲

For more information, contact Peggy Grow, coordinator, at 973-971-5941 or visit atlantichealth.org/pettherapy.



Kontos Mediterranean Greek Quinoa Bowl

Thinking about what to dish out for dinner?
It's always the perfect time to serve up this delicious bowl.

Ingredients

- 1 7-ounce jar of roasted red peppers, rinsed
- ¼ cup toasted sunflower seeds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 15-ounce can of chickpeas
- 1 cup diced cucumber
- 2 fresh avocados, peeled and pitted; then cut in half and sliced
- ¼ cup drained artichoke quarters
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Preparation

1. Make red pepper sauce by placing peppers, sunflower seeds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
2. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.

To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber, sliced avocado, artichoke quarters, and the red pepper sauce. Sprinkle with feta and parsley.

NOTE: To make ahead, prepare red pepper sauce and quinoa. Refrigerate in separate containers. Assemble just before serving.

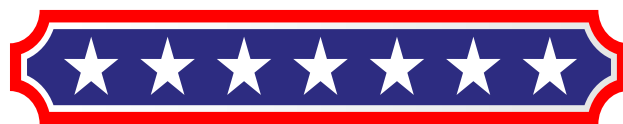


Nutrition Information

Serving size: 1½ cups; per serving: 479 calories; 25 g fat (4 g saturated fat); 8 g fiber; 49 g carbohydrates; 13 g protein; 106 mcg folate; 8 mg cholesterol; 3 g sugars; 0 g added sugars; 1,146 IU vitamin A; 10 mg vitamin C; 136 mg calcium; 3 mg iron; 646 mg sodium; 443 mg potassium; *nutrition bonus*: folate (26% daily value), vitamin A (23% daily value); *carbohydrate servings*: 3½; *exchanges*: 4½ fat, 2½ starch, 1½ vegetable, ½ lean protein

Chef Todd H. Daigneault, ASCS, CEC, is executive chef for Atlantic Health System. He is devoted to helping people incorporate healthy eating into their daily lifestyle. He has worked for prominent restaurants and resorts across the country, and has won numerous chef challenges. For more recipes, check out cookingwithcheftodd.com or [@ChefDaigneault](https://twitter.com/ChefDaigneault).

Made in the USA



Before they were physicians at Overlook Medical Center,
these dedicated doctors served our country
ever so honorably in the military

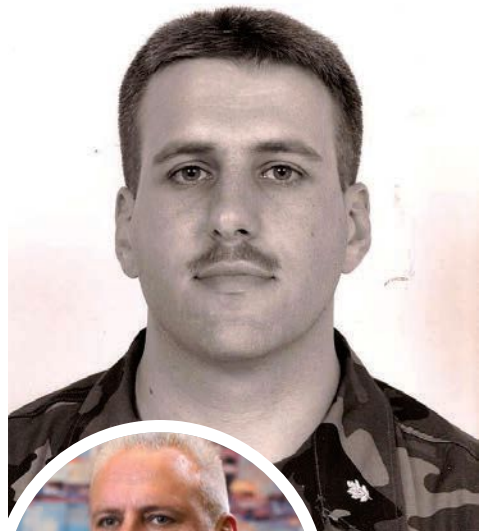


Orthopedic Surgeon Jeffrey Leary, MD, Air Force

When he was not embedded full time at the University of Alabama at Birmingham’s Level 1 Trauma Center, Dr. Leary was part of an eight-person Special Ops surgical team that supported Special Forces in dangerous hot spots around the world. Each of the members of Dr. Leary’s team carried a 30-pound backpack system; as a group, they were able to set up and run a miniaturized, fully

functional OR/ICU system complete with blood transfusion capabilities.

The group would be helicoptered into a different base every few days, sometimes in the middle of the night, in advance of the soldiers who “kicked down doors and dealt with the bad guys,” says Dr. Leary, currently the director of fracture services for Overlook Medical Center. “We brought the hospital to the fight instead of bringing the fight to the hospital, and we brought the ability to transfuse. We were the insurance policy for these guys – we made sure they all came back to tell their stories. There were some who probably would have died if we were not there. These soldiers were the best of the best, and yet they were excited to have us there. We were equally respected for what we brought to the fight.”



Cardiologist Steven Sheris, MD, Navy

For Dr. Sheris, Senior Vice President of Physician Enterprise for Atlantic Health System, military service was a pathway to medical school. "In the 1980s," he explains, "interest rates were in the double digits.



The prospect of taking out hundreds of thousands of dollars in loans didn't make sense." Through a Health Professions Scholarship – in which participants owe one year of active-duty service for every year of medical school the military pays for – Dr. Sheris was able to avoid that debt and gain a strong foundation. "In addition to getting superb medical training, you are offered leadership opportunities that you just don't get in a civilian training program," he says.

While stationed at Camp Lejeune in North Carolina in the early 1990s, Dr. Sheris was a Battalion Surgeon – he kept 900 Marines and their families healthy and safe, and also trained 40 corpsmen. "There is nothing like a crisis to make you grow up quickly," he says. "The prospect of nuclear, biologic, and chemical warfare being waged by Saddam Hussein after invading Kuwait was the real deal." Not long ago, Dr. Sheris heard from some of those corpsmen. "They expressed appreciation for everything I had done for them. These are the kids I had trained who went to Saudi Arabia. They took the time to thank me – but it was an honor and a privilege for me to have trained them. Putting time and talent into the service of others is the greatest measure of success."

Orthopedic Surgeon Scott Clark-Schoeb, MD, Navy

On a particularly memorable day in July 2005, Dr. Clark-Schoeb was just minutes into his shift at the Marine Corps Air Ground Combat Center in Twentynine Palms, CA, where he had been stationed just a couple of weeks, when he was paged to the emergency room.

A Marine had accidentally shot another young Marine through both hands while they were cleaning their rifles after a day in the field. Dr. Clark-Schoeb remembers the incident vividly due to the unusual circumstances, but also because of how the injured Marine responded. "He was quite stoic and composed – until he learned that his injury would prevent him from deploying to Iraq in the next couple of weeks," recalls Dr. Clark-Schoeb. "When he realized he would not be deploying with his comrades, that's when he started to cry. That's just how the Marines are – they are a team. If one person goes down, they all go down."

Dr. Clark-Schoeb operated on the young Marine, he recovered, and he deployed 12 weeks later. But it was not unusual for Dr. Clark-Schoeb to deal with Marines who sustained very serious injuries that were not going to get any better, and he still draws on those experiences. "They made the most of what they were given and what they still had," he says. "Today I'm able to give patients perspective on their injury or disability, or lack thereof, and motivate them."





Orthopedic Surgeon Matthew Garberina, MD, Air Force

Dr. Garberina attended Notre Dame on an Air Force ROTC scholarship, completed a civilian residency at Duke University, and then returned to military service as one of two orthopedic surgeons at McGuire Air Force Base in Burlington County.

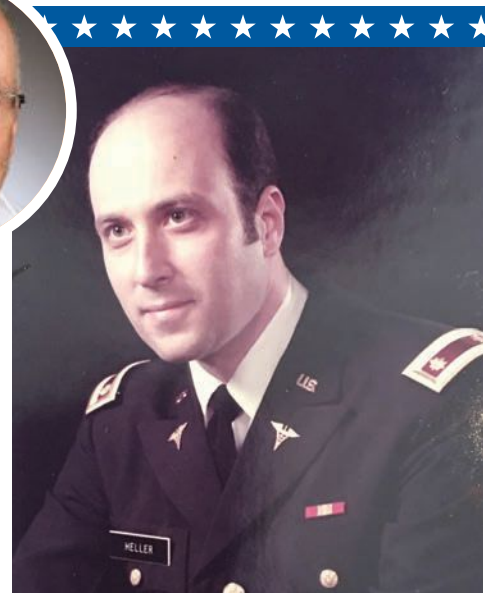
He credits his years at McGuire for helping to shape him as the physician he is today. "In the military, you're given a lot of responsibility. You sink or swim, and get good at organizing your time," he says. "The military population is a unique subset of the American population – they are very easy to take care of, very trusting of their physicians, and very motivated to get back to what they do. It humbles you and makes you want to do all you can to make them well. It teaches you to treat people with respect and honor. I feel grateful for the opportunity I was given by my country. As a doctor, I have an opportunity to give a little back."

Gynecologic Oncologist Paul Heller, MD, Army

In the 1970s, following time in the Army Reserves, Dr. Heller had one goal in mind: How do I get back to active duty, and how do I get back to Walter Reed Army Medical Center? It was there, among some of the finest minds in medicine, that he had seen some of the most innovative care.

"Walter Reed isn't a place where everyone comes from the same place, from the same background," he says. "Not everyone trains the same way. I met people from all over the country – Harvard, Johns Hopkins, everywhere – and we were all influenced by one another. They were the nicest and most knowledgeable people. Whatever happened in other military hospitals started at Walter Reed."

An added bonus that Dr. Heller looks back on fondly was the view from Walter Reed. The operating room looked out over a rose garden, he recalls. "I could be operating and I could see all of these beautiful flowers out the window. There was nothing else like it."



Cardiologist Edwin Blumberg, MD, Army

In 1970, two years out of Columbia Medical School, Dr. Blumberg was drafted into the Vietnam War and was assigned to the surgeon general's office in Saigon for a year. There he advised on the treatment of both civilians and the military population for the gamut of preventive health conditions: malaria, venereal disease, black plague and more.

In his position as a captain, Dr. Blumberg even got to interact with the mayor of Saigon. "It was like getting off a merry-go-round and stepping into a world you never knew existed," he says of his two years in Vietnam. "It broadened my perspective of medicine."





Maternal-Fetal Medicine Specialist Edward Wolf, MD, Navy

Dr. Wolf carried on a proud family tradition – his grandfather served in World War I, his father in World War II – when he joined the ranks of the military, but it was also a way for him to fund his way through medical school.

Following his residency at the U.S. Naval Hospital in San Diego, Dr. Wolf served as a lieutenant commander on the USS Vancouver LPD-2 for more than a year. The amphibious ship carried two helicopters, small boats, and 800 Marines, and sailed to 10 different countries. “Big boys with big toys can have big injuries,” says Dr. Wolf. His time at sea was followed by three years at the National Naval Medical Center in Bethesda, MD (currently Walter Reed National Military Medical Center), where he says he was “surrounded by some of the best young people in the world.”

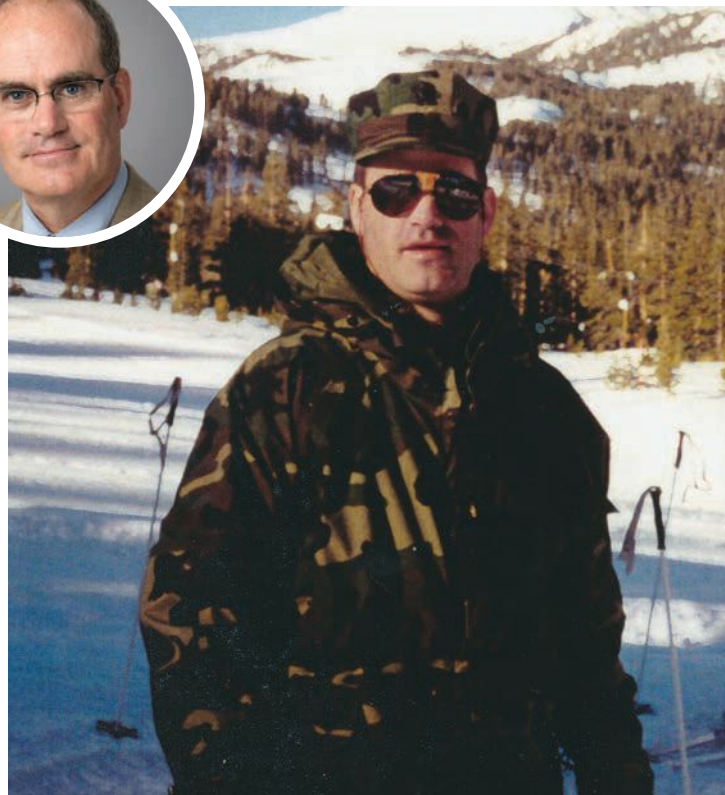
Today he draws parallels between the military and medicine. “The military is very much a team game,” he says. “On good days, you see this through in a proud way. On bad days, you band together. That’s very much what medicine needs to be as well – working together as a team.”

Neurosurgeon Jack Knightly, MD, Navy

During his five years in the Navy Reserve and 10 years of active duty, Dr. Knightly found himself in a snow cave, in the back seat of a jet, and on a military base in Okinawa, Japan. As director of a mobile medical augmentation response team – a team of surgical specialists who could deploy anywhere in the world within 72 hours – he learned to build a hospital out of nothing; the team once fashioned a 30-bed hospital on a pier in the South China Sea.

“Whenever I’m asked if I would do it again, I say 100 percent. But you have to believe in systems of care and a greater calling,” he says. “The people in the military are phenomenal. They do what they do for a greater good. It’s a mindset.” He calls the Marines “one of the best agencies in the world,” lauds the military’s attention to detail, and heaps praise on the families of those in active duty.

“The hardest job in the military is being a Navy wife,” says Dr. Knightly, noting that he moved his own wife to 17 different places during the time he was in the service. “An experience like mine makes you more appreciative of what’s going on in the world around you and the sacrifices of our military families. There is nothing else like it.”



NO MORE WHISPERS

It's time to talk about mental health issues

For those of us who have never experienced mental health issues, it's often difficult trying to relate to friends, family or loved ones who suffer with behavioral or emotional challenges.

Acknowledging the existence of mental health issues within our families and communities is a very important first step to receiving the necessary support, which is why Atlantic Health System created its "No More Whispers" program.

"The stigma surrounding mental health has gone on for far too long," says Director of Atlantic Behavioral Health Lori Ann Rizzuto, LCSW. "Many people don't want to admit they are struggling—often they are embarrassed or ashamed. This feeling of isolation has to end, which is why this program was developed and why it's so important for our community."

No More Whispers is motivated to get people talking openly about a condition that affects one in six U.S. adult lives, according to the National Institute of Mental Health. Through printed materials, presentations and community outreach efforts, No More Whispers will enhance awareness and engage influencers throughout New Jersey about the importance of access to mental health care.

"So many communities are doing amazing work already," says Rizzuto. "We want to integrate our efforts with theirs. Our message is clear: We all need to address this challenge together by encouraging those in need to ask for help."

Each hospital in Atlantic Health System is providing initiatives through the No More Whispers program. To learn more about efforts in your community—or to include No More Whispers in your outreach efforts—email loriann.rizzuto@atlantichealth.org for more information. ▲



"Many people don't want to admit they are struggling ... This feeling of isolation has to end."

— Lori Ann Rizzuto, LCSW

research

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Mapping the Future for Patient Care

Clinical research trials improve cancer treatments and outcomes

Advances in the treatment of cancer continue to improve with the help of clinical research trials like those conducted at Atlantic Health System. "Most clinical trials are related to chemotherapy," says Steve Halpern, MD, director, Pediatric Oncology Center. "Because of that, we've changed the way the chemotherapy is given to help better kill the cancer cells. But now, we're seeing more targeted therapy used in conjunction with chemotherapy."

In targeted therapy, the unique properties of the cancer cell are attacked directly. "We had a child recently who had the most common type of leukemia. We treated her with one round of chemotherapy, and it didn't work. She got sick and lost her hair and was in the hospital quite a bit," says Dr. Halpern. "We then gave her targeted therapy once a week as an outpatient. She felt much better within a short time and after just three weekly treatments of this targeted therapy, the leukemia was completely eradicated." **For more information, please call 973-971-6720.**

In addition to the pediatric cancer research, we are conducting clinical studies in adults at Atlantic Health System's Overlook Medical Center. Overlook Medical Center is the only hospital in New Jersey involved in the MIND Study of Artemis' minimally invasive neuro evacuation device to remove intracerebral hemorrhage. The device is inserted through a small incision into the affected area of the brain and removes the clot by suctioning it out through a catheterlike device. The study is open to patients 18 to 80 years old with an intracerebral hemorrhage.

"Our interventionalist team has performed about 60 of these procedures using the Artemis device over a two-year period and has seen an increase in survival rate with the device pre-trial," according to principal investigator Paul Saphier, MD, an endovascular neurosurgeon for the Atlantic Neuroscience Institute. "We are proud to be a major participant in this trial, as well as many others, that provide a benefit to our patients." **For more information, call 833-733-4641.** ▲

Visit atlantichealth.org/research for more information.

Taking Another Approach

Overlook leads the way with an innovative procedure that reduces the risk of stroke

Your carotid arteries are like thoroughfares in the neck that supply blood to the brain. Over time, they often build up with artery-clogging plaque, which reduces that blood flow and increases the risk of stroke. For years, the only way to remove this plaque was by scraping it out through long incisions in the neck (carotid endarterectomy) or by feeding a stent through many inches of tubing from the groin to the neck. Both procedures are effective, but not everyone is a candidate for one or the other.

Now there is a third option for treating carotid artery disease. Overlook is the first hospital in the state to offer TCAR (transcarotid artery revascularization), a minimally invasive procedure performed through a small incision at the neckline. The surgeon places a tube directly into the carotid artery and connects it to a protective device that temporarily directs blood flow away from the brain, thereby preventing any plaque from reaching the brain; any loose material is captured in a filter outside the body. After the stent is placed to stabilize the plaque in the carotid artery, the flow reversal is turned off and blood flow to the brain resumes in its normal direction.

"This is a hybrid of the other procedures," says vascular surgeon Mark Kumar, MD. "It provides the benefits of stenting with the benefits of direct access to the carotid artery, with an easier recovery, less pain and a safer way to stent."

TCAR also widens the treatment population to patients who are not well suited for either of the traditional procedures. "Patients who are older than 80 and patients with an increased cardiac



Dr. Sales performing a carotid duplex to assess for carotid disease (plaque) using ultrasound.

risk are generally not candidates for carotid endarterectomy or stenting, but they may be candidates for TCAR," says vascular surgeon Scott Sundick, MD.

Adds Clifford Sales, MD, chief of the division of vascular surgery for Overlook Medical Center, "Overlook is one of the busiest sites in the state for carotid care. What sets us apart is that we do all three procedures, and we do them well. We choose the procedure that is best for the patient." ▀

ATLANTIC MEDICAL GROUP

Dr. Kumar, Sales and Sundick are part of Atlantic Medical Group, a multispecialty network of health care providers. Visit atlanticmedicalgroupnj.org.

A GIFT FOR LIFE

CAN A PLANNED GIFT HELP YOU?

With a so-called planned gift, you can often also solve a family financial or estate planning issue. The simplest such gift is one made via your will or by designating the remainder from your individual retirement account for Overlook Foundation. Planned gifts may also do the following:

- Increase retirement income.
- Assist with tax-disadvantaged assets.
- Unlock the potential of highly appreciated assets, such as securities.
- Pass substantial assets to children and grandchildren over time while bypassing gift taxes.
- Create deductions for gifts of marketable tangible personal property or life insurance policies no longer needed.
- Turn long-held real estate into income with a tax deduction instead of a tax bite.

Robert and Rose Vera Kaepfel know how to make a lasting impact. Longtime supporters of Overlook, the Kaepfels have made an unconventional and substantial gift that will support our patients for years to come. This husband and wife team donated their home in Mountainside to Overlook Foundation while reserving the right to live there for the remainder of their lives.

"We had originally planned to give Overlook our house via our will, but the tax benefits of giving it now were too good to pass up," says Mr. Kaepfel, who from 1951 to 1987 owned and operated Frick Furniture in Elizabeth, a family business founded in 1890. "We've used Overlook frequently, especially in the past few years, and have always appreciated the care and compassion there."

This generous planned gift is three-pronged. While directly benefiting future Overlook patients, it will allow the Kaepfels to remain in their home and enable them to receive a substantial charitable income tax deduction against their 2017 tax bill. They anticipate being able to use this deduction for two or three years.

"The Kaepfels have again demonstrated a great spirit of generosity," says Clelia Biamonti, PhD, Overlook Foundation's new executive director. "But this gift is also a major vote of confidence in the hospital's future. I'm thrilled they entrusted us with it." ▲



Overlook Foundation Executive Director Clelia Biamonti, PhD, left, joined Kay and Dr. Tom Inglesby, a retired Overlook physician, at the annual Heritage Society luncheon at Baltusrol Golf Club in December. The Overlook Heritage Society recognizes donors who have included the foundation in their estate plan or who have created any of a number of gift arrangements to benefit the foundation. Society membership includes a number of benefits.

For more information on how a planned gift can touch and change lives and benefit you, reach out to Kenneth Cole, director of planned giving and finance, at 908-522-2181 or kenneth.cole@atlanticehealth.org.

community calendar

Spring 2018

Registration is required for all programs through Overlook Medical Center's Health Information Services at 1-800-247-9580 (unless otherwise noted).

BEHAVIORAL HEALTH

CHEMICAL DEPENDENCY INTENSIVE OUTPATIENT PROGRAM

Three evening programs are available for those trying to remain abstinent from all substances. Registration is required.
Mondays, Wednesdays and Thursdays, 6:00-9:30pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM

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 three out of five days per week. Registration is required.
Monday-Friday, 10:30am-2:00pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role.
Thursdays, 10:30-11:30am
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

SUBSTANCE ABUSE FAMILY SUPPORT GROUP

Participants learn ways to cope with substance-abusing family members. No registration is required.
Tuesdays, 6:30-8:00pm
Overlook Medical Center, Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
For more information, call 908-522-4800.

BEREAVEMENT

BEREAVEMENT SUPPORT GROUPS

After the death of a loved one, it is not unusual to experience feelings of loss. In keeping with our mission to provide continued support, we offer support groups for spouses and for adult children who have lost a parent.
For more information, call 908-522-6347.

CANCER CARE

All Cancer Care programs are free.

ART THERAPY

Art therapy for adults with cancer.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Michele Wadsworth at 908-522-6168.

BEREAVEMENT GROUP

Support group for family and friends who have lost a loved one to cancer. Registration is required.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Maggie Brady at 908-522-5255.

BREAST CANCER SUPPORT GROUP: YOU ARE NOT ALONE

A group for women in their first year of breast cancer treatment. Facilitated by a registered nurse and a licensed social worker. The goal is to provide a supportive environment where women can share their feelings and concerns and find the strength in others as they walk the journey through breast cancer treatment.
Second and fourth Monday of the month, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Sandra Wrigley at 908-522-6210.

GENTLE YOGA FOR CANCER PATIENTS

Yoga can improve energy, concentration and the emotional well-being of cancer patients. A brief meditation period will be included at the end of classes to calm, soothe and focus the busy or stressed mind. Class will last for 60 minutes and is for cancer patients ONLY. Registration is required.
Mondays, 10:00-11:00am
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
To register, call Michele Wadsworth at 908-522-6168.

LOOK GOOD, FEEL BETTER

Women who are undergoing cancer treatment learn how to look their best and manage appearance-related side effects. Registration is required.

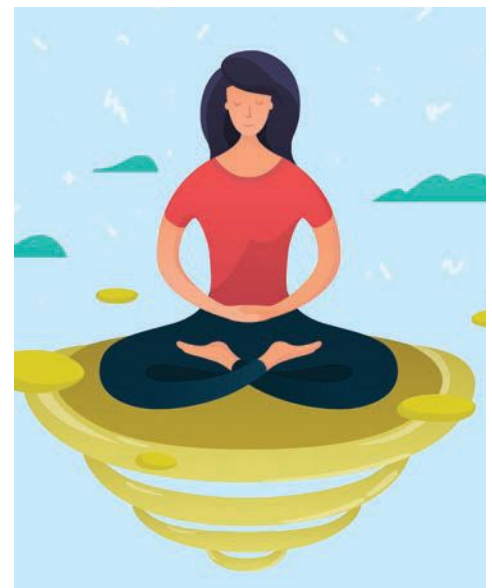
Mondays (call for exact dates), 12:30-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Maggie Brady at 908-522-5255.

MINDFUL MOVEMENT AND MEDITATION DROP-IN

This drop-in session includes a period of mindful movement (gentle yoga or Qi Gong), followed by a guided mindfulness meditation.
Third Monday of the month, 11:30am-1:30pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For more information, call Michele Wadsworth at 908-522-6168.

MINDFULNESS TOOLS FOR RECOVERY

This six-week program offers an introduction to mindfulness practices. Mindfulness is a particular way of paying attention to the present moment, without judgment. Mindfulness has been shown to reduce stress and improve quality of life.
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.



ONCOLOGY MASSAGE

Thirty-minute private sessions with a certified massage therapist are available, FREE of charge, to patients of Carol G. Simon Cancer Center at Overlook Medical Center. Massage has been shown to improve circulation, reduce stress and anxiety, and relieve pain. By appointment only.

Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901

For dates and times, call Michele Wadsworth at 908-522-6168.

POST-TREATMENT SUPPORT GROUP

Open support group for individuals who have had a diagnosis of cancer and have completed their treatment.

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901

For dates and times, call 908-522-5349.

PREPARING FOR BREAST CANCER SURGERY

A breast cancer patient education class given by a breast nurse navigator, social worker and physical therapist to help prepare patients for upcoming breast surgery and post-operative recovery.

Third Monday of the month, 3:00-4:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
To register, call Sandra Wrigley at 908-522-6210.

QI GONG AND TAI CHI FOR WELLNESS

Through the practice of gentle movement, breathing, self-applied massage and meditation, you will learn to activate the self-healing capability of the body, mind and spirit.

Wednesdays, 1:00-2:00pm
Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901
For dates and times, call Michele Wadsworth at 908-522-6168.

SCAR MASSAGE

This program is for post-mastectomy patients who have chosen not to undergo breast reconstruction, or who have other oncology-related surgical scars. Thirty-minute private sessions with a certified massage therapist are available to patients of Carol G. Simon Cancer Center at Overlook Medical Center. The purpose is to help prevent adhesions, improve blood flow

to the area, and maintain or improve movement in the tissue post-surgery. Must be at least six weeks post-surgery.

Overlook Medical Center, 99 Beauvoir Ave., Summit, NJ 07901

For dates and times, call Michele Wadsworth at 908-522-6168.

SURVIVOR CELEBRATION

Reception to honor cancer survivors, hosted by Overlook Medical Center Carol G. Simon Cancer Center. Reservation required.

Saturday, June 2, 10:30am-Noon
Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit NJ 07901
To register, call 1-800-247-9580.

CAREGIVERS

CONNECTING CAREGIVERS

A monthly support group at the Thomas Glasser Caregivers Center at Overlook Medical Center.

For more information, call Marian Teehan, MSW, LCSW, at 908-522-6347.

CHILDREN & PARENTING

BREASTFEEDING SUPPORT GROUP

A program for mom and baby to help you breastfeed successfully. Focus on issues or problems that may arise. Review the 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.

Tuesdays, 10:00am-Noon
Overlook Medical Center, Medical Arts Center Building (MAC II), Community Classroom, 11 Overlook Road, Summit, NJ 07901
For more information, call 908-522-2946.

POSTPARTUM GROUP

New mothers meet and learn coping and relaxation skills to help them with their new role. Registration is required.

Thursdays, 10:30-11:30am
Atlantic Behavioral Health Outpatient Services, 46-48 Beauvoir Ave., Summit, NJ 07901
Preregistration is required. To register, call 1-888-247-1400.

PREPARED CHILDBIRTH CLASS

Topics include stages of labor, breathing and relaxation techniques, medication options, hospital stay and cesarean birth. Includes a hospital tour.

Saturday, May 5 and Sunday, May 20, 8:00am-4:00pm

Overlook Medical Center, Medical Arts Center Building

(MAC II), Conference Room LL104,

11 Overlook Road, Summit, NJ 07901

For more information, visit atlanticealth.org/overlookparented or call 908-522-2946.

YOUR BABY'S BIRTH AT OVERLOOK MEDICAL CENTER

Topics include the childbirth process, signs and stages of labor, and when to go to the hospital. Participants will also view a birthing video and take a tour of our maternity center, which provides an overview of the labor, delivery and postpartum experience at Overlook Medical Center.

Tuesday, May 8, 6:30-9:30pm

Overlook Medical Center, Medical Arts Center Building (MAC II), Conference Room LL104, 11 Overlook Road, Summit, NJ 07901

To register, please visit www.atlanticealth.org/overlookparented or call 908-522-2946.

COMMUNITY HEALTH

Please call 1-800-247-9580 for more information and to register.

BONE DENSITY SCREENINGS AND MEN'S HEALTH EDUCATION

Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Counseling and educational materials are also provided.

Tuesday, June 5, 11:00am-1:00pm
ShopRite of Clark, 76 Central Ave., Clark, NJ 07066

OR

Thursday, June 7, 10:00am-Noon
DeCorso Community Center, 15 East 4th St., New Providence, NJ 07974

OR

Tuesday, June 12, 10:00am-Noon
Gateway YMCA, 1000 Galloping Hill Road, Union, NJ 07083

OR

Wednesday, June 13, 1:00-3:00pm
Maplewood Library, 51 Baker St., Maplewood, NJ 07040

OR

Thursday, June 14, 10:00am-12:00pm
Scotch Plains YMCA, 1340 Martine Ave., Scotch Plains, NJ 07076

OR

Tuesday, June 19,
Westfield YMCA, 220 Clark St.,
Westfield, NJ 07090

OR

Tuesday, June 26, 1:00-3:00pm
North Plainfield Library, 6 Rockview Ave., North
Plainfield, NJ 07060

For more information, call 1-800-247-9580.

DIABETES AND BMI SCREENINGS

Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results and how your body fat percentage and BMI impact your health.

Various times and dates

Multiple locations

For more information, call 1-800-247-9580.

KNOW YOUR NUMBERS AND STROKE EDUCATION

What does the systolic and diastolic value in your blood pressure really mean? Discuss basic information about risk factor reduction related to heart disease and taking control of your health. Learn your blood sugar and risk factors for type 2 diabetes with a non-fasting finger stick that gives immediate results. Blood pressure and diabetes screenings.

Tuesday, May 15, 10:00am-Noon
Westfield YMCA, 220 Clark St.,
Westfield, NJ 07090

OR

Thursday, May 17, 1:00-3:00pm
North Plainfield Library, 6 Rockview Ave.,
North Plainfield, NJ 07060

OR

Tuesday, May 22, Noon-2:00pm
Maplewood Library, 51 Baker St.,
Maplewood, NJ 07040

OR

Thursday, May 24, 11:00am-1:00pm
ShopRite of Clark, 76 Central Ave.,
Clark, NJ 07066

For more information, call 1-800-247-9580.

KNOW YOUR NUMBERS AND SUN SAFETY/ ARTHRITIS EDUCATION

Get screened to find out your blood pressure and learn more about sun safety and arthritis.

Thursday, June 14, 10:00am-Noon
Scotch Plains YMCA, 1340 Martine Ave.,
Scotch Plains, NJ 07076

OR

Tuesday, July 10, 11:00am-1:00pm
ShopRite of Clark, 76 Central Ave.,
Clark, NJ 07066

OR

Wednesday, July 11, 10:30am-12:30pm
Warrenbrook Senior Center, 500 Warrenville
Road, Warren, NJ 07059

OR

Thursday, July 12, 5:00-7:00pm
ShopRite of Union, 2401D US Highway 22 W,
Union, NJ 07083

OR

Tuesday, July 17, 10:00am-Noon
Gateway YMCA, 1000 Galloping Hill Road,
Union, NJ 07083

OR

Thursday, July 19, 10:00am-Noon
Westfield YMCA, 220 Clark St.,
Westfield, NJ 07090

OR

Tuesday, July 24, 2:00-4:00pm
Maplewood Library, 51 Baker St.,
Maplewood, NJ 07040

OR

Tuesday, July 31, 1:00-3:00pm
North Plainfield Library, 6 Rockview Ave.,
North Plainfield, NJ 07060

For more information, call 1-800-247-9580.

STROKE SCREENINGS

Are you at risk for stroke? Find out with a FREE stroke screening at DeCorso Senior Community Center in New Providence.

Wednesday, May 16, 8:00-11:30am

For more information, call 1-800-247-9580.



HEALTH & WELLNESS

HIV SUPPORT GROUP

This support group offers support and information regarding HIV. Meet others with HIV who face the same fears and questions, and find solutions. Meetings are held in a confidential and private environment. To leave a confidential message and receive a return call, please call 973-714-3988 or email sue.calcara@atlanticeath.org.

Thursdays, 7:00-10:00pm

Overlook Medical Center, Conference Room 1 (5th floor, off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901

ORTHOPEDICS

TOTAL JOINT REPLACEMENT PRE-OPERATIVE CLASSES

This class is offered by Overlook Medical Center's certified and trained orthopedic nurses and physical and occupational therapists, for patients undergoing elective joint replacement surgery. Our goal is to provide education that will leave you feeling confident as you prepare for your upcoming surgery and returning home.

Four Mondays a month, 1:00-3:00pm

Overlook Medical Center, Bouras Auditorium, 99 Beauvoir Ave., Summit, NJ 07901

For dates and times or to register, call 1-800-247-9580.

PAIN MANAGEMENT

PAIN SUPPORT GROUP

This group is for those afflicted with chronic pain. Guest speakers provide different perspectives on the subject.

First Monday of the month, 5:30-7:30pm

Pain Center, 11 Overlook Road, Suite B110, Summit, NJ 07901

For more information and to register, call Pat Hubert at 908-665-1988.

SENIOR HEALTH: 'NEW VITALITY'

ASK THE PHARMACIST

During this one-hour presentation, an Overlook Medical Center clinical pharmacist will offer a presentation on how to obtain more affordable medications and tips for safe and effective medication use. Bring all your medications for a one-on-one medication review following the presentation.

Tuesday, May 15, 11:00am-1:30pm



DeCorso Senior Citizen Club, 15 East 4th St., New Providence, NJ 07974

EMBRACING THE BEAUTY OF AGING

Cultural standards of attractiveness often focus on young, able bodies and unlined faces, which can lead to loss of a sexual self-esteem as we age. This workgroup, for adults of all genders, uses images and experiential activities to reframe harmful, ageist assumptions into age-affirming messages that inspire positive body image as well as sensual and sexual confidence.

Friday, May 18, 11:30am-12:30pm

Bauer Community Center, 100 Main St., Millburn, NJ 07041

LIVING YOUR 'YES' WITH ARTHRITIS

During this interactive program, you will learn about the different kinds of arthritis, available resources, treatment options and self-management strategies. A FREE program sponsored by the Healthcare Foundation of New Jersey.

Tuesday, May 15, Noon-1:00pm

Senior Center of Chatham, 58 Meyersville Road, Chatham, NJ 07928

STROKE: AN INTERACTIVE OVERVIEW

Stroke can strike anyone, in any place at any time. Stroke is the fifth leading cause of death and the number one cause of disability in the U.S. Yet, 80 percent of strokes are preventable. Please join us for a fun and interactive lecture on reducing your risk and recognizing the signs and symptoms of stroke.

Tuesday, May 15, 11:00am-Noon

Mount Carmel Hall, 56 River Road, Berkeley Heights, NJ 07922

For more information, call 1-800-247-9580.

SUN SAFETY/SUN CANCER PREVENTION

Learn about the effects of sun exposure and tips for protecting your skin while enjoying the outdoors.

Tuesday, May 22, 10:00-11:30am

Overlook Medical Center, Oncology Conference Room (5th floor, off the lobby), 99 Beauvoir Ave., Summit, NJ 07901

STROKE

STROKE SUPPORT GROUP

This stroke support group provides emotional and educational support to stroke survivors and caregivers. The support group is a forum where stroke survivors and their families can share experiences and concerns related to stroke.

Second Thursday of the month, 11:30am-1:00pm

Overlook Medical Center, Conference Room 4 (located off the main lobby), 99 Beauvoir Ave., Summit, NJ 07901

ATLANTIC HEALTH SYSTEM'S ANNUAL PUBLIC MEETING will be held on Thursday, July 19, 2018, at 5:00pm in the Malcolm Forbes Auditorium at Morristown Medical Center (100 Madison Ave., Morristown, NJ 07960). The free event will feature an overview of our latest initiatives and efforts to build healthier communities. There will also be an opportunity for you to ask questions. Seating is limited. Registration preferred but not required. Please arrive 10 minutes early to register or sign in. For more information and to register, call 1-800-247-9580.

Atlantic Medical Group

Looking for a primary care doctor?

Across northern and central New Jersey, we are your local family doctors and specialists. With more than 900 physicians, practitioners and medical specialists at 300+ locations, Atlantic Medical Group is your entryway to Atlantic Health System's *Trusted Network of Caring*® and its award-winning hospitals.

Your Primary Care Physician Is Your Medical Home

Prevention, intervention, coordination and care – all working in harmony – are at the center of every primary care doctor-patient relationship. Think of your primary care physician as your first point of access to health care – the doctor who knows you best, keeps you well, refers you to specialists, and facilitates communication relating to your health to ensure efficient, effective, patient-centered care. Find a medical home in your neighborhood.



Atlantic Medical Group Primary Care in Your Community

Alpha Health Associates
West Orange: 973-731-7868
Millburn: 973-912-8400

Associates in Integrative Medicine
908-769-9600
Warren, Summit, West Orange

Atlantic Medical Group Internal Medicine
Summit: 908-598-6531

Atlantic Medical Group Primary Care at Millburn
Millburn: 973-912-7273

Atlantic Medical Group Internal Medicine at Westfield
New Providence: 973-829-4632

Chatham Family Medicine
Chatham: 973-635-2432

Community Health Center at Vauxhall
Vauxhall: 908-598-7950

Fanwood Primary Care
Fanwood: 908-889-4700

Healthfirst Associates
Newark: 973-344-5379

Hillside Family Practice
Hillside: 908-353-7949
Kenilworth: 732-529-0445

Maplewood Family Medicine
Maplewood: 908-598-6690

Maplewood Primary Care
Maplewood: 973-763-5010

Medemerge
Green Brook: 732-968-8900

Medical Diagnostic Associates
Millburn: 973-379-3051
Scotch Plains: 908-322-7786
Summit: 908-273-1493
Westfield: 908-232-5333

Overlook Family Medicine
Summit: 908-522-5700

Roselle Park Medical Associates
Roselle Park: 908-241-0044

Roselle Park Primary Care
Roselle Park: 908-241-4200

Summit Springfield Family Medicine
Summit: 908-277-0050

Union Plainfield Medical Associates
Union: 908-686-9330

Union Primary Care
Union: 908-688-4845

Urgent & Specialty Care (evenings, weekends, walk-ins)
100 Commerce Place
Clark: 732-499-0606

Village Family Medicine
South Orange: 973-630-8989

Warren Primary Care
Warren: 908-598-7970

West Orange Primary Care
West Orange: 973-736-2290

Meet Our New Primary Care Doctors and Specialists



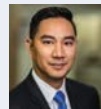
Emmanuel Apor, MD
Medical Diagnostic Associates (Oncology)
Overlook Medical Center
908-608-0078



Matthew Biernat, MD
Urgent & Specialty Care, Clark
732-499-0606



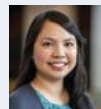
Jeanine Bulan, MD
Internal Medicine at Westfield
New Providence
973-829-4632



Jed Calata, MD
Associated Colon & Rectal Surgeons
Edison: 732-494-6640
Summit: 908-522-2575



Leda Gattoc, MD
Women's Cancer Associates (Gynecology/Oncology)
MAC Building at Overlook Medical Center
908-522-5262



Michelle Hoang, MD
Warren Primary Care (Family Medicine)
Warren
908-598-7970



Hema Sivasubramanian, MD
Medical Diagnostic Associates (Family Medicine)
Millburn
973-379-3051



Jody Skariah, MD
Medical Diagnostic Associates (Family Medicine)
Westfield
908-232-5333



Lara Von Berg, MD
Medical Diagnostic Associates (Family Medicine)
Scotch Plains
908-322-7786



Erika Wasenda, MD
Atlantic Urogynecology Associates
MAC Building at Overlook Medical Center
908-522-7335



Alyssa Hernandez, MD
Medical Diagnostic Associates (Family Medicine)
Scotch Plains
908-322-7786



Nripen Dantineni, MD
Fanwood Primary Care
908-889-4700

Atlantic Medical Group accepts most major insurance plans. To find an Atlantic Medical Group provider, visit atlanticmedicalgroupnj.org for more information, or call 1-844-AMG-2250 (1-844-264-2250).

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

NON-PROFIT
US POSTAGE
PAID
PERMIT 148
SARATOGA
NY 12866

For a referral to
an Atlantic Health System
doctor, call 1-800-247-9580
or visit atlantichealth.org/doctors.

