

# AtlanticView

at Overlook | Winter 2022



FIRST IN NJ – NEW SPINE SURGERY ALTERNATIVE FOR SEVERE BACK AND LEG PAIN

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 Atlantic Health System  
Overlook Medical Center

## LETTER FROM THE PRESIDENT

I am tremendously proud to work alongside an amazing team of health care professionals as the newly appointed president of Overlook Medical Center. We are grateful to have the opportunity to help build healthier communities for you and your family. In this issue of *AtlanticView at Overlook*, you'll hear from our patients and get valuable resources to help you manage your health.

I'm very proud to share that Overlook Medical Center maintained the highest possible safety rating of "A" by The Leapfrog Group in its Fall 2021 Hospital Safety Grades and recognized us as a Top Teaching Hospital. The Leapfrog Hospital Safety Grade assigns letter grades – "A" being the highest – to general hospitals across the country, twice a year.

We also earned Practice Greenhealth's Environmental Excellence Award, which recognizes environmental sustainability efforts. The pandemic



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

presented unexpected challenges and new demands on our facilities and resources, but we remained committed to sustainable practices that will benefit our patients and communities for years to come.

Our cover story is a wonderful testament to the advances in surgery that are improving our patients' quality of life. After years of living with a painful spine condition, Jill met with one of our neurosurgeon and spine specialists and found that she was a candidate for a clinical trial that offered an alternative to the traditional spinal fusion procedure. Jill's inspiring story also shows how an effective partnership with your health care team can help you reach your goals.

Best wishes for a happy and healthy new year and, as always, thank you for making Overlook Medical Center part of your life.

# AtlanticView

at Overlook | Winter 2022

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**Atlantic Health System**, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation. The six medical centers have a combined total of 1,841 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.

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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

## A Time for Gratitude and an Ounce of Prevention

At Atlantic Health, we have a lot to celebrate this season. Flu and COVID vaccines are offering lifesaving protection to our patients and caregivers, and the holiday season of goodwill is here again, promoting gratitude and resiliency in us all.

We are also thrilled that our workplace was recently recognized in several remarkable ways. For the 13th consecutive year, Atlantic Health System was once again named to *Fortune's* "100 Best Companies to Work For®" list. *Forbes* named Atlantic Health one of America's Best-in-State Employers. Practice Greenhealth honored our efforts to make operations greener with their 2021 System for Change Award. And finally, *People Magazine*, named us to their "Companies That Care" list for the first time, celebrating our respect and concern for our caregivers, community and environment.

In this issue, you'll read more about the importance of scheduling check-ups and preventive screenings that help keep you healthy and active. Today is the perfect time to cross these appointments off your to-do list, before the colder weather arrives.

We hope you enjoy this edition of *AtlanticView*. As always, thank you for entrusting the Atlantic Health System family with your care.



*Brian A. Gragnolati*

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



## Atlantic Health System Recognized by *Forbes*

*Forbes* has recognized Atlantic Health System as one of America's Best-in-State Employers for 2021. Atlantic Health System ranked No. 47. They only award a select few in each state out of the thousands of companies eligible for this recognition. We join other premier organizations representing New Jersey on this list, including Johnson & Johnson, Princeton University and Prudential Financial. The ranking reflects key aspects of a team member's experience, including working conditions, salary, potential for growth, and diversity.



## Practice Greenhealth Awards All Atlantic Health System Hospitals for Environmental Sustainability

*Recognized as one of only eight systems nationwide*

All Atlantic Health System medical centers were recognized by Practice Greenhealth, the nation's leading organization dedicated to environmental sustainability in health care, highlighting the health system's continued success in making its operations greener, even amid the ongoing COVID-19 pandemic.

Atlantic Health System was also the only health system in NJ to receive the prestigious System for Change Award for 2021, which recognizes health systems that are working cohesively to set systemwide sustainability goals, track performance data, benchmark, and support intraorganizational learning and implementation within their institutions.

## Atlantic Health System Makes 'Companies That Care' List

Atlantic Health System has been named to **People and Great Place to Work "Companies That Care"** list for the first time. The annual list, which began in 2017, highlights the top 100 U.S. companies that have succeeded in business while also demonstrating outstanding respect, care, and concern for their employees, their communities, and the environment. Our **ranking at No. 33** demonstrates the extraordinary care we deliver to our patients, communities and each other every day. **We are proud to be the only health care system based in New Jersey to make this year's list.**



LEAPFROG RECOGNIZES OVERLOOK MEDICAL CENTER AS A TOP TEACHING HOSPITAL IN 2021 AND NATIONALLY RECOGNIZED FOR PATIENT SAFETY, AGAIN



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Hopefully you won't need it all.  
But it's nice to know it's all here.

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- Oncology
- Outpatient Surgery
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- Rehabilitation/Physical Therapy
- Sleep Medicine
- Wound Healing

Don't Delay Care. We Are Here With Safety Measures in Place.



Atlantic Health System  
Overlook Medical Center

## First in NJ – New Spine Surgery Alternative for Severe Back and Leg Pain

Atlantic Health System neurosurgeon Scott A. Meyer, MD, performs first surgery in NJ for the TOPS™ clinical trial

Like millions of Americans, Jill D., 55, of Hewitt, NJ, had been suffering from back pain for years. After two years of taking gabapentin to treat spondylolisthesis — a severely painful condition that occurs when a vertebra slips out of place relative to the bone below it — the pain radiating down her back and legs became unbearable. Jill decided it was finally time to see a neurosurgeon.

“The first neurosurgeon wanted to put me into surgery two weeks after I first saw him,” explains Jill, who was naturally hesitant to go directly into the operating room during the first few weeks of the COVID-19 pandemic. “That was just too quick for me.”

She instead sought a second opinion from Scott A. Meyer, MD, a board-certified neurosurgeon and spine specialist for Atlantic Health System — at the recommendation of her sister, a former patient of Dr. Meyer. Dr. Meyer recommended Jill follow a coordinated regimen of pain management coupled with physical therapy to exhaust nonsurgical treatment options before moving forward with surgery.

“Jill had severe bilateral radicular pain that unfortunately did not improve with months of pain management and physical therapy,” says Dr. Meyer. “At that point, it not only became very clear that spinal surgery would be the best route to stabilize her vertebrae and eliminate nerve pain, but also that she would be an excellent candidate for the TOPS clinical trial.”

TOPS, which stands for Total Posterior Arthroplasty System, is a screw-based implant that serves as an alternative to traditional spinal fusion. Instead of locking vertebrae together through fusion, the device stabilizes the vertebral segment while still allowing normal motion in all directions. The TOPS



Jill D. could no longer ride horses — let alone walk at times — due to excruciating back pain from spondylolisthesis. After her spine surgery at Overlook Medical Center, she is pain-free.

device has been commercially available in Europe, the UK, Australia and elsewhere since 2012. The U.S. Food and Drug Administration/Investigational Device Exemption trial is part of the process for bringing TOPS to patients in the U.S., including Overlook and Morristown medical centers.

“Dr. Meyer explained the difference between regular spinal fusion and the TOPS device,” notes Jill. “If participating gave me a chance to preserve my range of motion, I was all for it.”

**Jill was the first patient in NJ to participate in the clinical trial and had her surgery at Overlook Medical Center in Summit.**

“This clinical trial presented her with an opportunity to be pain-free and keep her range of motion,” says Dr. Meyer.

Jill now says all the pain she was experiencing prior to surgery is gone. “I’m amazed,” concludes Jill. “Before, I would yell out in pain because everything I did, even things like sitting down at the computer or getting up to get coffee, was so excruciating. Thanks to Dr. Meyer, I feel like a completely new person.”

**To find out more information about Scott Meyer, MD (board-certified by The American Board of Neurological Surgery), and Atlantic Health System-affiliated providers, visit [atlantichealth.org/doctors](https://atlantichealth.org/doctors). For more information on spine care, visit [atlantichealth.org/spinecare](https://atlantichealth.org/spinecare).**

“This clinical trial presented her with an opportunity to be pain-free and keep her range of motion.”

— Scott A. Meyer, MD

## Atlantic Health System Neurosurgeon Seeks Patients With Spondylolisthesis and Spinal Stenosis to Enroll in Clinical Trial and Potentially Receive Motion-Preserving Device

Board-certified neurosurgeon participates in FDA/IDE study examining use of TOPS™ System

Scott Meyer, MD, a board-certified neurosurgeon for Atlantic Neuroscience Institute, has been selected to participate in a U.S. Food and Drug Administration (FDA)/Investigational Device Exemption (IDE) pivotal study examining the use of Total Posterior Arthroplasty System (TOPS) to treat patients with degenerative Grade I spondylolisthesis or spinal stenosis. The study is sponsored by Premia Spine, Ltd.

TOPS is a screw-based implant that serves as an alternative to traditional spinal fusion. Instead of locking vertebrae together through fusion, the device stabilizes the vertebral segment while still allowing normal motion in all directions.

“This study offers patients who meet the study’s criteria a unique opportunity to potentially receive an innovative new device that may not only help us correct their underlying spinal condition, but also help restore their range of motion,” says Dr. Meyer. “We’re actively enrolling patients at Overlook and Morristown medical centers and encourage anyone who has — or thinks they may have — degenerative spondylolisthesis and spinal stenosis to contact us to learn more about their treatment options.”

Study participants must have degenerative spondylolisthesis, spinal stenosis, and be experiencing radiating leg pain; greater leg or buttock pain than back pain; severe pain after walking as little as 100 yards or two minutes; and/

or pain that reduces when sitting, bending forward, or leaning over a shopping cart. These symptoms could be signs of degenerative spondylolisthesis, spinal stenosis or other spinal conditions.

Patients will either undergo surgery with TOPS or lumbar spinal fusion.

Patients are randomly placed into one group or the other with a 67% likelihood of undergoing surgery with TOPS.

TOPS has been commercially available in Europe, the UK, Australia and elsewhere since 2012. This study is part of the process for bringing TOPS to patients in the United States.

Overlook and Morristown medical centers are among 40 spine centers throughout the U.S. taking part in the study.

***Patients or referring physicians can learn more about the TOPS study by calling Elena Lobur, BSN, RN, CCRP, clinical research nurse coordinator, Atlantic Neuroscience Institute, at 908-522-2045.***



# Breast Cancer Treatment Planning in One Convenient Visit

A diagnosis of breast cancer is life-altering and for approximately 330,000 women this year, it will be an unfortunate reality.

Whether you are newly diagnosed, are facing a recurrence, or seeking a second opinion, you'll undoubtedly have many questions about your treatment plan. Will it include surgery, radiation, chemotherapy, plastic surgery and/or genetic testing? What will come first, and how long will it take before you're on the road to recovery? How will it impact your work and family?

Overlook's Comprehensive Breast Cancer Treatment Program takes the guesswork out of the process with a single phone call, connecting patients with a multidisciplinary team of leading breast cancer specialists. During one convenient visit, patients and their family members can meet with a breast surgeon, radiation oncologist, and medical oncologist — each of whom will discuss the patient's diagnosis, answer questions, and outline every step of the recommended treatment plan.

"We understand that women today are juggling many roles," says Bonni Guerin, MD, a board-certified hematologist/oncologist and director of Breast Cancer Treatment and Prevention, Carol G. Simon Cancer Center at Overlook Medical Center. "They may be caring for elderly parents, have a demanding job, or parenting a special needs child. That's why every treatment plan is highly individualized. It reflects both the highest standard of medical care as well as the patient's own unique needs and lifestyle."

"Advances in imaging, medical oncology, surgery, and radiation oncology have revolutionized the way we detect



"Advances in imaging, medical oncology, surgery, and radiation oncology have revolutionized the way we detect and treat breast cancer."

— Rebecca C. Yang, MD, FACS





Drs. Emmolo, Guerin and Yang



and treat breast cancer,” comments Rebecca C. Yang, MD, FACS, a board-certified surgeon, fellowship-trained in breast surgery and medical director of breast surgery at Overlook Medical Center. “While surgery may be the first line of treatment for some women, others may benefit from an initial course of targeted medical therapy. Each case is unique, and that’s why a collaborative multispecialty approach to treatment is essential. It is a model that is in place at most major academic institutions and one that we are proud to offer here in a community setting. This program empowers patients to be engaged in their treatment planning process and facilitates relationships with their physicians before treatment has even begun.”

Getting three expert opinions in one afternoon saves significant time and expedites treatment, points out board-certified radiation oncologist Joana Emmolo, MD. “Traditionally, patients shuttle from one doctor to the next,

gathering different opinions and losing precious time. Here, our team of specialists have a standing appointment to review breast imaging together, discuss the patient’s history, and collaborate on the best course for a cure. Patients are on a path to recovery the moment they walk through our door.”

For a consultation with the Comprehensive Breast Cancer Treatment Program, call **908-608-0078, ext. 6.**

Drs. Guerin (board-certified by the American Board of Internal Medicine), Yang (board-certified by the American Board of Surgery) and Emmolo (board-certified by the American Board of Radiology) are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org)

# DO NOT DELAY BREAST CANCER SCREENING

Darcey G., a freelance magazine editor, pushed off her annual mammogram in the fall of 2019 because of a demanding four-month assignment. When the long hours began to ease in late February, the coronavirus was beginning to spread throughout the U.S. and Darcey decided, once again, to delay scheduling the screening test.

"I thought, I'm not doing it now," says Darcey, a runner who never had any serious health problems.

On April 23, at the height of the COVID-19 pandemic in New Jersey, the mother of twin teenagers felt a lump in her left breast. She consulted Atlantic Medical Group Primary Care at Westfield and Summit provider Amy Schram, DO, who referred her to breast surgeon Marc Mandel, MD, MS, FACS, a board-certified surgeon in Atlantic Cancer Care and member of the Breast Program Leadership Committee, Overlook Medical Center.



## EARLY DETECTION IS KEY

Dr. Mandel met Darcey in his office the very next day. A mammogram and ultrasound had revealed a mass in her left breast. Dr. Mandel, along with his staff, who kept seeing patients throughout the pandemic, was able to perform an ultrasound-guided biopsy immediately. Two days later, the biopsy confirmed that the tumor was breast cancer. Further workup revealed that it was likely Stage 1 and a lumpectomy would be necessary. Fortunately for both patient and doctor, Overlook's operating rooms were operational for urgent cases during the pandemic. "At most major medical centers, patients would have waited six weeks for surgery. Our leadership kept the main OR and the Reeves Same-Day Surgery Center safely open for patients who needed it during that time," comments Dr. Mandel.

On May 7, just two weeks after feeling the lump in her breast, the 47-year-old Summit resident underwent outpatient surgery, followed by five weeks of radiation. Now, she is cancer-free. "I can't help but think, it could have been detected earlier," Darcey says. "And what if I hadn't found it?"

## COVID-19 IMPACT

Cancer screenings, which can identify tumors early and greatly improve outcomes, dropped off by more than 46% in the early months of the pandemic, according to a study published in the *Journal of the American Medical Association*.

"We're still playing catch-up with women who put off getting their mammograms in 2020," points out Dr. Mandel, "and as a result, we're seeing more advanced cases of breast cancer."

"Early detection translates to long-term survival as well as minimization of medical and surgical treatments," says Rebecca C. Yang, MD, FACS, a board-certified surgeon, fellowship-trained in breast surgery and medical director of breast surgery at Overlook Medical Center. "I encourage women to be proactive about their health care, especially during the COVID-19 pandemic. Mammograms are the only breast imaging modality proven to decrease breast cancer mortality."

Even before the pandemic, a third of women age 40 and over were skipping routine mammograms, says Bonni Guerin, MD, director, Breast Cancer Treatment and Prevention, Carol G. Simon Cancer Center at Overlook Medical Center. "Delaying even one mammogram can translate to cancer being diagnosed at a later stage," says Dr. Guerin, a board-certified oncologist/hematologist who treated Darcey.

## STATISTICS

Statistics put that in perspective: Among women getting annual mammograms whom doctors diagnosed with breast cancer, 76% had a Stage 1 tumor, while 24% had a more serious Stage 2 or higher diagnosis, according to a study. The rate for a Stage 2 or higher tumor was twice as high (48%) in women diagnosed after biennial mammograms, Dr. Guerin says.

Tumor size can play a significant role in cancer severity and the aggressiveness of treatment required to eliminate it, she notes. The average size tumor identified at an annual mammogram is 1.4 cm versus 1.8 cm found in women who go two years between mammograms, the oncologist says.

Tumors that develop between screenings are far more likely to occur in women who have biennial mammograms than those tested yearly, studies show. Had Darcey's

tumor been larger, Dr. Guerin said she would have added chemotherapy to the treatment regime.

**Certain factors put women at higher risk for breast cancer. They include the following:**

- A family history of breast cancer
- Abnormal genes linked to breast cancer
- Dense breasts
- Undergoing hormone replacement therapy
- Obesity

## WHEN TO BEGIN ANNUAL SCREENINGS?

At age 25, women should undergo a formal risk assessment to determine when to begin annual screenings for breast cancer. Women with an average lifetime risk should begin annual screenings at age 40, perform regular self-exams and see their doctor regularly. Women with a strong family history and/or a predicted lifetime risk greater than 20% should consider, in consultation with their primary care physician, other options for risk management. That includes adding screening breast MRI studies, and/or scheduling a referral for genetic counseling and testing.

Women with a documented BRCA1 or BRCA2 mutation

*continued on page 12*

*continued from page 11*

should begin getting annual breast MRIs at age 25 and add annual mammograms at age 30. The tests should be staggered, so that one is performed every six months.

The good news is, 90% of women leave their mammograms not needing to return for a year. Only 10% are asked to get follow-up images, and six of those 10 women will get the all clear. Two out of the 10 will be asked to return in six months to keep a close eye on any area of concern. Only the remaining 2% will undergo a biopsy to rule out cancer.

When possible, consider scheduling your screening mammogram before the first dose of the COVID-19 vaccination or four to six weeks after the second vaccine dose. This is because some women who receive the COVID-19 vaccine may develop swollen lymph nodes under the arm where the shot was given. This is a normal immune reaction and is a sign your body is responding to the vaccine. These swollen lymph nodes usually return to normal on their own within a few days or weeks. However, swollen lymph nodes could affect a screening mammography reading.

If you have a breast concern, do not delay your test and inform your mammogram technologist when you had the vaccine.

### **HOSPITAL SAFETY PROTOCOLS**

Darcey recalled the fear she felt when she found the lump and underwent tests confirming it as cancer. The day of her surgery, she had to say goodbye to her husband, Oliver, at the door of the hospital because visitors were not permitted at the height of the pandemic. "That was hard," she says.

But Darcey's experiences at Overlook Medical Center went smoothly, thanks in large part to strict safety protocols implemented there.

Employees, patients and visitors are evaluated with temperature checks and screening questions when they enter, and everyone is required to wear masks. Hand sanitizer dispensers are available throughout the buildings. Patients are well-spaced in waiting rooms, and treatment rooms are sanitized between appointments. All patients are tested for COVID-19 prior to surgery.

"Darcey received the same high-quality care in the midst



of the COVID-19 pandemic as she would have at any other time," observes Dr. Mandel, who performed 35 cancer-related surgeries from March 17 through May 31, 2020 (when elective surgeries were put on hold at Overlook and other major medical centers). Our doctors, nurses, anesthesiologists, technicians, and so many other frontline workers were committed to healing patients every day — whether they had cancer or COVID-19."

"There's so much trepidation about going to the hospital that people put off tests. But once you're there, you see it's fine," Darcey says. "You have a better chance of getting COVID-19 at backyard gatherings than going for your mammogram!" ▲

**Women can schedule a screening mammogram at any of Atlantic Health System's nine locations at [atlantichealth.org/askher](https://atlantichealth.org/askher) or by calling 1-844-343-3540.**

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#### **Atlantic Medical Group**

**Drs. Marc Mandel (board-certified in surgery by the American Board of Surgery) and Amy Schram (board-certified in Family Medicine by the American Board of Family Medicine) are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](https://atlanticmedicalgroup.org).**

**Dr. Mandel can be reached at 908-598-0966.**

**Dr. Schram can be reached at 973-829-4632 for her practice locations at Atlantic Medical Group Primary Care at Westfield and Summit, as well as Clark.**

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# THIS MARINE VETERAN WENT TO BATTLE WITH THE BEST DEFENSE HIS BRAIN CANCER TEAM

When Ray was told that he had a malignant brain tumor in his speech center, he consulted the experts at the Gerald J. Glasser Brain Tumor Center at Overlook and Morristown medical centers, nationally acclaimed in neuroscience. Given the challenging location, awake brain surgery was recommended. Ray actually **talked** and **sang** throughout the surgery to aid his physicians. 3D technology and fluorescent imaging provided necessary visibility to safely remove the tumor. The Gerald J. Glasser Center is one of the few in N.J. to use fluorescent imaging in complex brain surgery.

Ray is currently pursuing his master's degree at Penn State. He is so grateful to his team.

Gerald J. Glasser  
Brain Tumor Center



Atlantic  
Health System  
Neuroscience

To learn more visit [atlanticealth.org/brainsurgery](http://atlanticealth.org/brainsurgery)

# MAKING THE CASE FOR PROSTATE CANCER SCREENINGS



**Naeem Rahman, MD**  
Medical Director, Atlantic Medical Group  
Urology at Summit/Bridgewater

“The decline in prostate cancer screenings due to concerns of overdiagnosis and overtreatment is having a serious consequence: The number of men diagnosed with metastatic prostate cancer has doubled in just five years,” says Naeem Rahman, MD, medical director, Urology at Summit/Bridgewater, who is a board-certified urologist by the American Board of Urology and member of the American Urological Association and the Society of Robotic Surgery.

There is some validity to the concerns of overscreening. The widespread use of the prostate-specific antigen (PSA) blood test has resulted in some patients enduring unnecessary invasive biopsies and potentially unnecessary treatments. However, since its inception in the early 1980s, PSA testing has resulted in a dramatic decline in metastatic disease and declining death rates.



## THE SECOND LEADING CAUSE OF MEN'S CANCER DEATHS

Despite this, there is a narrative regarding overdiagnosis and overtreatment for a perceived indolent (slow-growing) cancer among the public and many physicians. A large segment of family practice doctors do not believe in the benefits of screening for prostate cancer. This discounts that nearly 250,000 men are diagnosed every year with prostate cancer, and nearly 35,000 will die in 2021 from their disease, making it the second leading cause of men's cancer deaths.

Within the urology community, the argument of overdiagnosis and overtreatment is less compelling. The National Comprehensive Cancer Network's 2018 guidelines for prostate cancer early detection support baseline screening for well-informed healthy men at age 45.

“We're now able to be more nuanced about who really needs a biopsy, often monitoring borderline PSA elevations, seeking newer, more sensitive blood tests when possible, and obtaining MRIs to help guide decision making. Once cancer is diagnosed, we have better tools such as genetic testing and advanced nomograms to see which patients may avoid treatment,” Dr. Rahman explains.

## IMPROVED TECHNOLOGY IMPROVES PATIENT OUTCOMES

“Our ability to treat prostate cancer that's caught early has gotten better with improved surgical techniques, including robotic surgery, and stereotactic precise radiation therapy known as CyberKnife®, which has reduced the risk of urinary, sexual and gastrointestinal side effects,” Dr. Rahman says.

While the five-year survival rate of localized prostate cancer is nearly 100%, this plummets to 30% when it spreads to other parts of the body.

## WHO'S MOST AT-RISK?

The risk of prostate cancer is highest in men in their 60s, with black men having highest rates of developing and dying from prostate cancer. Men with a close male family relative with prostate cancer or female relative with breast or ovarian cancer should consider earlier screening. “Over the past three decades, the number of men age 49 and younger developing prostate cancer has increased, and they have a lower survival rate. I opted to check my PSA in my mid-40s, as did many urologists I know,” says Dr. Rahman.

According to statistics from the federal Surveillance, Epidemiology, and End Results (SEER) Program, the rate of metastatic prostate cancer diagnoses increased 48% between 2014 and 2018. The Centers for Disease Control and Prevention reported that distant cases of prostate cancer increased from 4% in 2003 to 8% in 2017.

“As a urologist on the front line against prostate cancer, I believe a continued emphasis on screening is necessary to help reduce the development of advanced disease, and ultimately save lives in the process.”

## ATLANTIC MEDICAL GROUP

Naeem Rahman, MD, and Atlantic Medical Group Urology are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Rahman can be reached at 908-522-5045. To learn more about health screenings at Atlantic Health System, visit [atlantichealth.org/cancerhides](http://atlantichealth.org/cancerhides).

# Overlook Medical Center

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High Quality Care in



7 Years in a Row



3 Years in a Row



6 Years in a Row



9 Years in a Row



6 Years in a Row



5 Years in a Row



5 Years in a Row



8 Years in a Row

Source: Healthgrades®



Atlantic Health System  
Overlook Medical Center

OMC-43663-21

To learn more, visit [atlanticealth.org/overlook](http://atlanticealth.org/overlook)

# A CONVERSATION WITH **SABINA BRAUDE, MD,** A GASTROENTEROLOGIST AT OVERLOOK MEDICAL CENTER



**Sabina Braude, MD**  
*Medical Director, Atlantic Medical Group  
Gastroenterology at Summit*

## **HOW DID YOU GET INTO THE MEDICAL FIELD?**

I always had an interest in endocrinology and diabetes, and I ran a diabetes clinic at Bellevue Hospital in New York. There, we saw a large volume of underserved patients who didn't have access to care and had food insecurities, which led to obesity. There is a large population of people who just cannot afford to eat a healthy diet. I think this is what framed the way I look at medicine and health care in general. It has made me realize that prevention is probably the most important cornerstone of medicine.

## **CAN WE PREVENT LIVER DISEASE?**

As a gastroenterologist, patients were coming to me with end stage diabetes, end stage kidney failure because of their diabetes, high blood pressure, coronary artery disease — and all these things are, for the most part, preventable diseases.

When I trained at NYU, my focus was on metabolic diseases, which led me to the NYU liver center and my fascination with the transplant process. I gravitated toward obesity medicine and pursued my board certification in it — and here's what I know. If you start early and do it correctly, you can absolve people of really, really, severe complications. This is something that I learned first from my internal medicine background, carried with me into my gastroenterology training and now, here, managing the complications of liver disease in my role as an Atlantic Medical Group (AMG) gastroenterologist.

## **HOW IMPORTANT ARE SCREENINGS FOR OBESE PATIENTS, COLONOSCOPIES FOR EXAMPLE?**

Obesity is a complex endocrine condition. We know that it causes all kinds of health problems, making our obese patients at much higher risk for several cancers, including colon cancer. So, we encourage preventive care to catch conditions early, and we are trying to make these screenings as easy as possible for patients.

## **TELL US ABOUT HOW GASTROENTEROLOGY IS CONTRIBUTING TO THE NEW INITIATIVE BETWEEN ATLANTIC HEALTH SYSTEM AND NYU LANGONE HEALTH.**

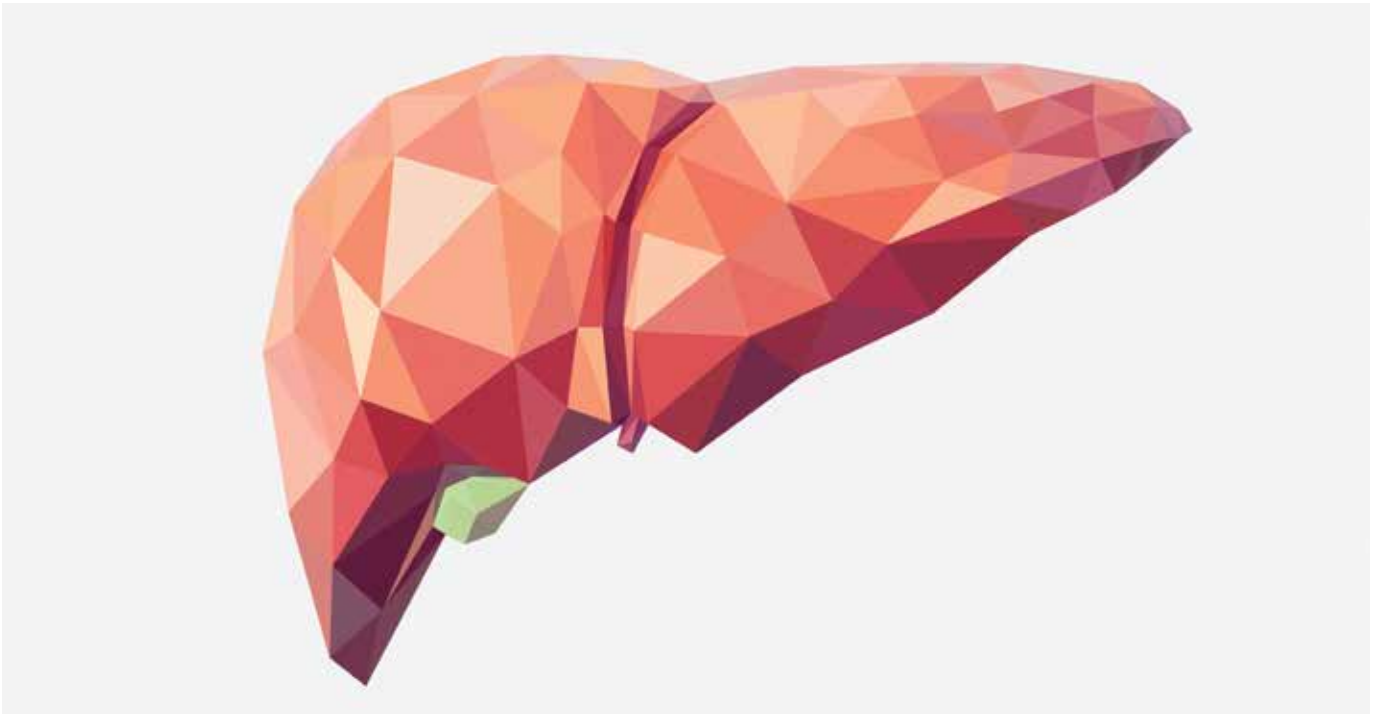
Atlantic Health System and NYU Langone Health announced this summer that we are teaming up to give patients greater access to heart and liver transplants and the coordinated, high-quality care needed to stay healthy. The liver program is located at Overlook Medical Center and brings together a multidisciplinary team across many of the services here — with gastroenterology being a big part of the program, which I'm very excited about.

I joined Atlantic Medical Group in April to help build Overlook's AMG gastroenterology program. After the announcement this summer, physicians from NYU joined us to help us set up our transplant department and create a true center of excellence here. We'll offer comprehensive services for patients with advanced liver disease, and the opportunity to have transplantation at NYU. For example, we'll have an NYU hepatologist on-site to support both inpatient and outpatient care. It will create an infrastructure for patients to seamlessly progress to transplantation if and when that is appropriate. Partnering with NYU, which has an excellent reputation in transplantation, allows us to bring together our respective expert clinicians — it is very exciting.

## **WHY IS TREATING LIVER DISEASE A VALUABLE HEALTH SERVICE FOR THE OVERLOOK COMMUNITY?**

There's a parallel pandemic of obesity in our society right now, which has been highlighted by COVID-19. We're finding more and more patients with underlying liver conditions and fatty liver disease through newer and more sophisticated noninvasive ultrasound-based tests, which measure the degree of liver damage in patients. Now that we're paying more attention to liver disease, and now that we know fatty liver disease is becoming the No. 1 cause





“Everything starts with a primary care doctor — they're the cornerstone of patient care throughout their lifetime and the primary point of diagnosis.”

— Sabina Braude, MD

of liver transplantation, we're preemptively addressing the problem before it turns into a transplant issue. So, in addition to offering patients with advanced liver disease the opportunity to have a liver transplant, we're also trying to prevent it from happening in the first place.

#### **HOW WOULD A PATIENT KNOW IF THEY'RE AT HIGH RISK WITHOUT THE TEST?**

They wouldn't. There are no symptoms of liver disease until it is relatively late-stage. The only way to prevent and diagnose it early is to be vigilant about our patients and to know the risk factors. The first, second and third reason why patients develop liver problems is obesity. Our goal is to identify those patients who have metabolic problems — high blood pressure, cholesterol, diabetes — and really look for this finding because, unfortunately, it can easily go unnoticed. Everything starts with our primary care doctors — they're the cornerstone of patient care throughout a person's lifetime and the primary point of diagnosis. Once it is identified that a patient has metabolic issues, we'll help them find advanced therapies at our metabolic center,

which can offer weight loss options that may include diet and/or medication. If a patient is a candidate for weight loss surgery, we can refer them to our bariatric team to overcome that hurdle. And our team contributes in several ways too. We take care of any identified liver issues and pick up the identifiable effects of the problem. ▲

For more information on the Atlantic Health Liver Disease and Transplant program, call 908-522-5040 and visit [atlantichealth.org/transplant](https://atlantichealth.org/transplant).

#### **ATLANTIC MEDICAL GROUP**

**Dr. Sabina Braude is a board-certified (American Board of Internal Medicine) and fellowship-trained gastroenterologist and medical director of Atlantic Medical Group Gastroenterology at Summit. She is located at 33 Overlook Road, Suite 201, Summit. She can be reached at 908-522-5040.**



# FIND A PRIMARY CARE DOCTOR YOU CAN *LIVE WITH*

## PRIMARY CARE 101

What is a primary care doctor? And why EVERYONE needs one!

### **This could be the healthiest relationship you'll ever have.**

No one knows you better, inside and out, than your primary care doctor. And since you're both concerned about just one thing: You - it makes for a healthy relationship.

### **You're healthy. Who needs a doctor?**

With checkups and referrals, primary care doctors help you stay healthy, make good decisions and keep you on the road to good health and longevity.

### **Health care is easy and convenient with Atlantic Medical Group**

Our doctors are in your neighborhood with more than 50 convenient primary care locations and 200 physicians, most with evening and weekend appointments, or walk in and telehealth options.

### **Study the studies.**

Studies show that people with primary care doctors as their main source of health care lead healthier lives and live longer.

### **Get connected.**

Not only are you connected to hundreds of specialists and the award-winning hospitals of Atlantic Health, you're also connected to our outstanding outpatient services, like imaging and physical therapy.

### **Talk with our doctors from home.**

With Telehealth, you can see the doctor online for scripts, referrals and scheduling lab work. It's that convenient.

### **What's that following me? Oh, my medical records.**

Primary Care helps you stay connected to your records. With MyChart, wherever you go in the system, your medical records go with you - safe and secure.

Online Scheduling

Evening & Weekend Hours

Same-Day Visits

Access to Medical Records

Most Insurance Accepted



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NOW  
OPEN

# HEALTH CARE IN BAYONNE GETS EVEN BETTER

Atlantic Medical Group  
**477 Broadway**

OB/GYN

Pulmonology

Primary Care

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



**Atlantic Health System**  
**Atlantic Medical Group**

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

# GUT CHECK

## Should a gastroenterologist become part of your medical team?

**T**ummy troubles are common, but are they just a nuisance or a cause for concern? And what about the new colonoscopy guidelines announced this year; do they apply to you? Atlantic Medical Group Gastroenterology physicians at Summit explain that it's not a matter of *if* you should see a GI specialist, but *when*.

### WHAT DOES A GASTROENTEROLOGIST TREAT?

We specialize in diagnosing and treating digestive health issues: abdominal pain, cancers, metabolic issues, functional issues like irritable bowel syndrome, and also inflammatory bowel diseases like Crohn's disease and ulcerative colitis. We also treat diseases of the liver, pancreas and gallbladder.

### WHAT ARE SOME SIGNS OF DIGESTIVE TROUBLE?

Any deviation from your norm should warrant an investigation if it lasts more than two to three weeks and does not improve on its own. Be aware of changes in bowel habits: diarrhea or constipation, or changes in color, frequency or texture. Heartburn or abdominal indigestion can present at any time in life, but you want to be aware of persistent or increasing symptoms. Weight loss that is rapid, progressive and unexplained by dieting or external factors also warrants an evaluation. And anytime a person is bleeding rectally or vomiting blood, those are gastrointestinal emergencies and are urgent alarms that you should be evaluated.

### WHAT'S THE DIFFERENCE BETWEEN IBD AND IBS?

Although they present with similar symptoms, these two complex conditions have different consequences for one's health. Our understanding of IBS (irritable bowel syndrome) is evolving, and we know it is a disorder of the gut nervous system and a disturbance of the gut-brain connection. Whereas IBD (inflammatory bowel disease) is a disorder of the immune system. It is this reason the treatment and the natural course of these illnesses are vastly different. Both require accurate and timely diagnosis. In particular, early

identification and treatment of IBD is critical in prevention of significant complications, including need for surgery and cancer. Overlook and Morristown medical centers will be working together to develop an IBD Center of Excellence. Our goal is to identify these patients and develop a relationship with them over time to appropriately manage their care. IBD is a lifelong medical condition, and it requires us to be extremely proactive to slow disease progression. We have many physicians with interest in managing IBS.

### WHAT'S THE LATEST ON COLONOSCOPY?

The rules have changed, because people are getting colon cancers earlier in life. The American Cancer Society now recommends that adults at average risk for colorectal cancers have their first colonoscopy at 45 years old. Those who have a first-degree relative diagnosed with colon cancer before age 50 should speak to their doctor about assessing their risk even earlier.

### ARE THERE ALTERNATIVES TO COLONOSCOPY?

There are at-home tests that look at DNA and blood cells in the stool. There is also "virtual colonoscopy." But these imaging studies do not provide the same benefits, and they do expose the patient to radiation. Colonoscopy is the gold standard. It is prophylactic in terms of screening, and it is also therapeutic because we can remove polyps that may turn into cancer. You should discuss all of these options with your doctor. The important thing is, do not disregard your belly. ▲

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#### ATLANTIC MEDICAL GROUP

To schedule a colonoscopy, contact your primary care physician or contact our office at the number below. Atlantic Medical Group Gastroenterology physicians at Summit include:

**Sabina Braude, MD;** board-certified in internal medicine, Gastroenterology from American Board of Internal Medicine

**Wendy Rabbenou, MD;** board-certified in Internal Medicine, Gastroenterology from American Board of Internal Medicine

**Neelesh Rastogi, MD;** board-certified in Internal Medicine from American Board of Internal Medicine

**They are located at 33 Overlook Road, Suite 201, Summit. They can be reached at 908-522-5040.**

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# Understanding Diabetes

An estimated 13% of all U.S. adults have diabetes, while 34.5% have prediabetes — a condition in which blood sugar levels are higher than normal but not enough for a diabetes diagnosis, according to a 2020 report from the Centers for Disease Control and Prevention. Moreover, the report found 15% of those with diabetes were unaware of their condition, while 85% of those with prediabetes did not know it.

Diabetes — a condition in which the body does not properly process food for energy, causing blood sugar levels to increase — can lead to serious health complications, including heart disease, liver damage, blindness and kidney failure. People with diabetes are also at greater risk of becoming seriously ill if diagnosed with COVID-19 or its variants.

In recognition of World Diabetes Day, we asked Bhanu Iyer, MD, FACE, ECNU, a fellowship-trained endocrinologist, to share her expertise about early detection and treatment of diabetes.

## WHAT ARE THE SYMPTOMS?

There are no clear symptoms of prediabetes; and symptoms of diabetes, such as frequent urination, increased hunger and thirst, or weight loss, occur when your sugars are already very high. That's why it's important to get regular checkups to monitor your blood sugar levels. It's also critical to know the risk factors of developing diabetes, which include family history, history of gestational diabetes, obesity, being physically inactive and high blood pressure.

## HOW CAN DIABETES BE MANAGED?

Lifestyle is a major factor in preventing, delaying and controlling diabetes. Intensive lifestyle intervention to achieve and maintain a 7% loss of initial body weight, and moderate-intensity physical activity, such as brisk walking for at least 150 minutes a week, could reduce the risk of



Bhanu Iyer, MD,  
FACE, ECNU


**Overweight adults should be screened for diabetes and prediabetes, starting at age 35.**

*U.S. Preventive Services Task Force*

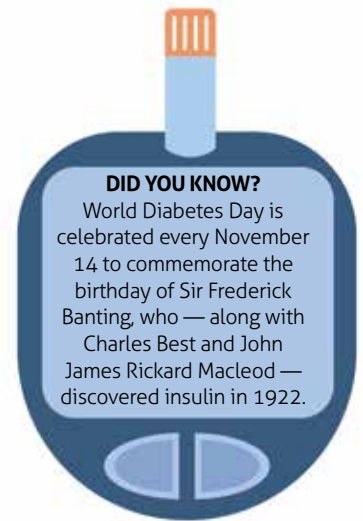
type 2 diabetes by 58% over three years. It also helps improve glycemic control, thereby reducing the need for medications, including insulin.

For those requiring insulin, there have been significant advances in diabetic care over the past several years with the evolution of continuous glucose monitors as well as medications to reduce cardiometabolic risk. At Overlook, we have board-certified endocrinologists to optimize patient care as well as diabetes education specialists to teach patients how to monitor blood sugar levels, administer insulin, and follow diabetic nutrition guidelines.

## IS IT SAFE FOR PEOPLE WITH DIABETES TO GET THE COVID-19 VACCINE?

Yes. They should absolutely get the vaccine because they are at higher risk of developing serious complications if infected from any virus, including COVID-19. 

**Overlook's Outpatient Diabetes Center is located at 1 Springfield Avenue, Suite 1B, Summit. Call 908-522-5277.**



### DID YOU KNOW?

World Diabetes Day is celebrated every November 14 to commemorate the birthday of Sir Frederick Banting, who — along with Charles Best and John James Rickard Macleod — discovered insulin in 1922.

**ARE YOU AT RISK?**  
TAKE A ONE-MINUTE,  
ONLINE RISK TEST:



## ATLANTIC MEDICAL GROUP

Dr. Iyer and Atlantic Medical Group Thyroid Center at Summit are part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). She can be reached at 908-522-6995.

# Harvest Roast Turkey Salad

You can deconstruct this dish to meet your needs (each part of this quartet is versatile enough to stand on its own and adapt to other recipes). But when you gather friends and family around your table, serve as suggested for a salad worth savoring.

## ROAST & RUB

### FOR THE ROAST:

- 2 apples, sliced or cut into chunks
- 1 onion, sliced
- 1 whole garlic
- 3 sage leaves
- 1 string thyme
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 2½ pounds turkey breast
- ¼ cup dried cranberries
- 2 cups chicken stock

### FOR THE RUB:

- 2 cloves garlic, minced
- 2 teaspoons rosemary
- 2 teaspoons thyme
- 2 teaspoons sage
- 2 teaspoons sweet paprika
- 2 teaspoons mustard seeds

## PREPARATION

1. Preheat oven to 450 F. Add apples, onion, garlic, herbs, olive oil, lemon juice, and salt to a baking dish.
2. In a bowl, combine the rub ingredients: garlic, herbs, paprika, and mustard seeds.
3. Rub paste on both sides of turkey breast and place on top of bed of onions and apples. Add cranberries and 1 cup of chicken stock. Add more stock to baste the breast as it cooks.
4. Roast turkey for 20 minutes. Reduce heat to 325 F and roast bird until it reaches an internal temperature of 150 F to 155 F (approximately 60 to 80 minutes), basting the breast with the pan juices every 15 to 20 minutes.
5. Baste turkey with the cider-honey vinaigrette glaze (recipe follows) and cook for another 15 to 20 minutes, until internal temperature reaches 165 F. Let bird rest for 15 minutes before carving.

## VEGGIES & VINAIGRETTE

### FOR THE APPLE VINAIGRETTE:

- ¼ cup extra-virgin olive oil
- 3 tablespoons apple juice
- 2 tablespoons apple cider vinegar
- 1½ tablespoons white balsamic vinegar
- ½ teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1 tablespoon honey
- Salt and pepper to taste

### FOR THE SALAD:

- ½ cup couscous
- 1 small red apple
- ¼ cup dried apricots
- ¼ cup roasted pecan halves, chopped
- 2 tablespoons chopped mint leaves
- 1 small shallot, chopped
- 2 tablespoons chopped parsley
- 1 pound turkey, sliced
- ¼ cup dried cranberries
- 5 ounces mixed greens
- Salt and pepper to taste

## NOW BRING IT ALL TOGETHER ...

1. Boil water to cook couscous.
2. Make apple vinaigrette by placing all ingredients in bowl and whisking to emulsify.
3. Dice apples and apricots. Chop pecans, mint, shallots, and parsley. Slice turkey and set aside.
4. When couscous is done cooking, strain and rinse with cool water.
5. Add fruit, nuts, shallots, parsley, and mint. Add salt and pepper and vinaigrette and toss.
6. Place greens on platter and dress lightly with vinaigrette. Pour couscous over the greens and toss. Arrange sliced turkey over salad.



# FOUNDATION NEWS



Claude Fusco (center) with licensed clinical social worker Marian Teehan and liaison Valerie Gagliano of the Thomas Glasser Caregivers Center at Overlook.

## NJ's First In-Hospital Caregivers Center Celebrates Milestone

When Westfield resident Claude Fusco lost his wife, Kathryn, in 2006 after her long battle with cancer, he and his children found themselves reeling not only from the pain of her death, but the toll her lengthy illness had taken on all of them. They knew more could be done to help the countless caregivers whose days are filled with physical and emotional stress.

This summer marked a decade since Claude's vision became a reality with the 2011 opening of the very first in-hospital facility of its kind in the state. It took Overlook Foundation little more than a year to raise the \$2.5 million to fund its construction and an endowment to sustain the program. The late Gerald J. Glasser, PhD, a former chair of the foundation's board of trustees, pledged a leadership gift from the Glasser Foundation, created in memory of his son, Thomas, who died in the World Trade Center on 9/11. Other community support quickly followed and, thankfully, continues to this day, as the center is primarily self-supporting.

Today, the Thomas Glasser Caregivers Center at Overlook Medical Center welcomes more than 1,500 families each year, providing a tranquil environment and free support services for those caring for critically, chronically, or

terminally ill loved ones. Open seven days a week, it is staffed by a full-time, licensed clinical social worker, a caregiver liaison, and specially trained volunteers who address visitor questions and concerns while encouraging them to rest and recharge.

While dedicated spaces for family caregivers are still rare in hospital settings, an increasing number of medical facilities are recognizing the importance of helping families manage their anxiety and prepare for next steps. It is estimated that, in the United States alone, there are some 46 million unpaid caregivers, many of whom are faced with the difficulties of finding time for themselves while balancing work and family responsibilities.

"Spending so much time at the hospital, not wanting to leave but overwhelmed by being here day after day, is exhausting," says one grateful caregiver. "This space has been my escape, where I can breathe easier and relax. It gives me those few quiet moments of normalcy that I need to be able to go on." ▲

**To support the many services provided by our caregivers center, visit [overlookfoundation.org](http://overlookfoundation.org) or call 908-522-2840.**

# community calendar Winter 2022

**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 [atlanticealth.org/calendar](http://atlanticealth.org/calendar).**

## CANCER CARE & SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Please visit <a href="http://atlanticealth.org/cancercaresupport">atlanticealth.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 Lauren Curtis at 908-522-6168 or email <a href="mailto:lauren.curtis@atlanticealth.org">lauren.curtis@atlanticealth.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 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, 4:30-6:00pm	<b>QUIT SMOKING PROGRAM</b>	Call 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.

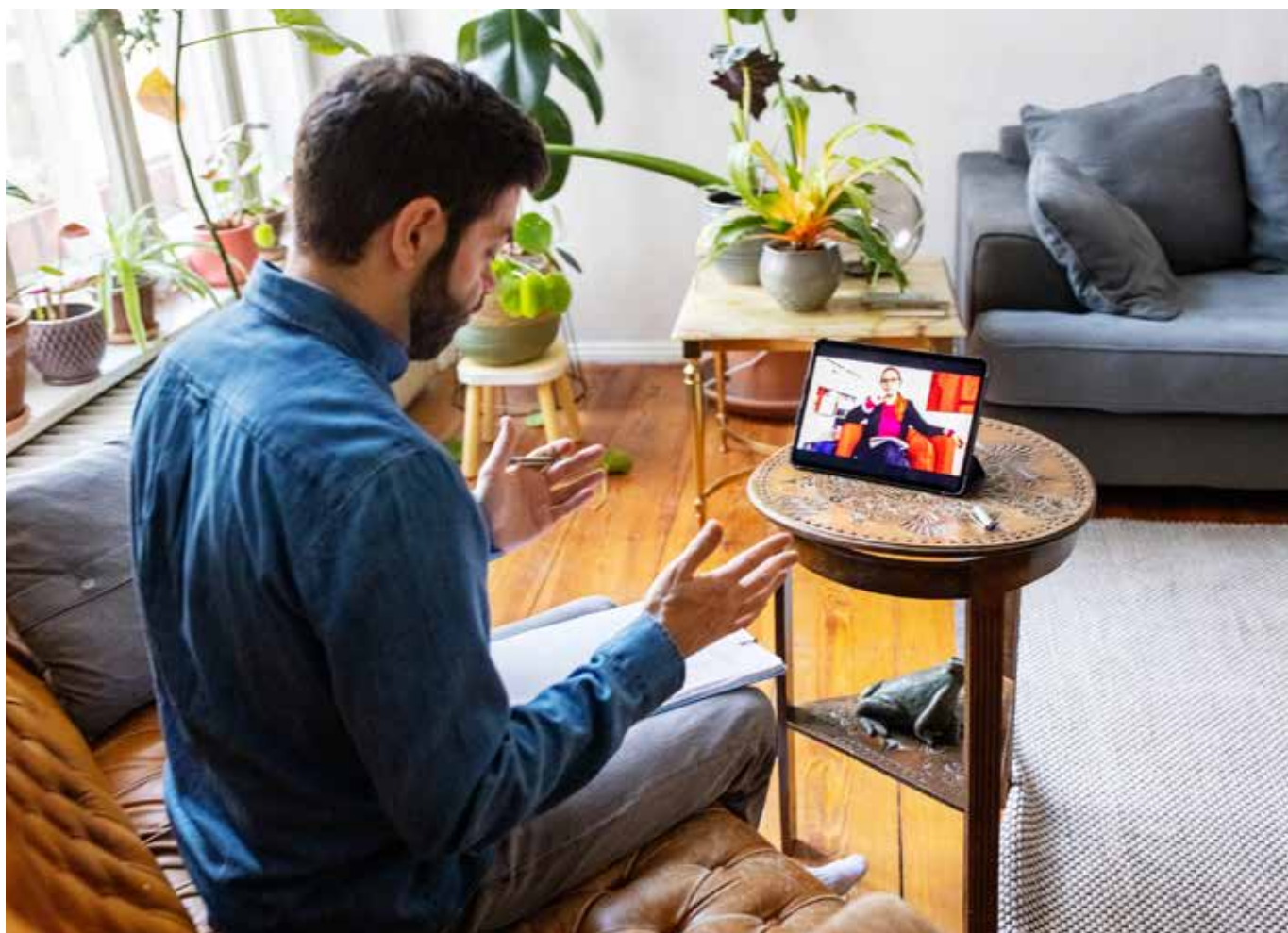




## CAREGIVERS

Are you caring for a family member or loved one? The Caregivers Center is coming to you virtually, offering therapeutic services such as 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
Wednesdays, 2:00pm	<p style="text-align: center;"><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.
Mondays and Thursdays, Noon	<p style="text-align: center;"><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.



## HEALTH & WELLNESS

All events take place at Atlantic Behavioral Health Outpatient, 2 Walnut Street, Summit, NJ 07901.  
Registration is required; call 1-888-247-1400.

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Tuesdays, 1:30-2:30pm	<b>DIDACTIC BEHAVIORAL OUTPATIENT THERAPY</b> DBT group aiming to build the following life skills: <b>Mindfulness:</b> the practice of being fully aware and present in the moment; <b>Distress Tolerance:</b> how to tolerate pain in difficult situations; <b>Emotion Regulation:</b> how to manage your emotions so they do not manage you.	For more information, call 1-888-247-1400 (Mary Colman). Registration is required.
Monday-Friday, 9:00am-12:15pm (morning programs); 12:30-3:45pm (afternoon programs)	<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	<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. (Viviana Villalobos).

## PARENTING & CHILDBIRTH

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

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Mondays and Tuesdays, 10:00-11:00am	<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.	For more information, email <a href="mailto:overlook.parented@atlanticealth.org">overlook.parented@atlanticealth.org</a>
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.

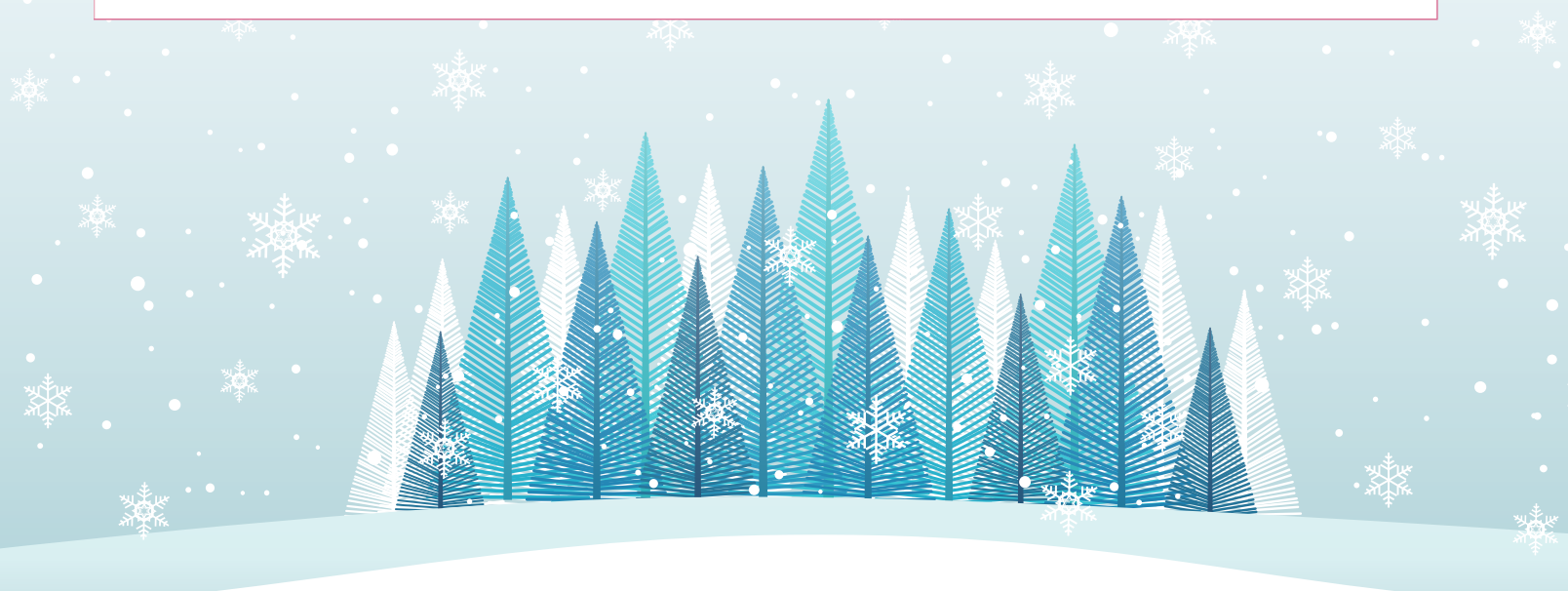


## SUPPORT GROUPS

DATE	EVENT DETAILS AND LOCATION	CONTACT AND FEES
Third Thursday of the month, 5:00-6:00pm	<b>GLASSER BRAIN TUMOR SUPPORT GROUP</b> 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.	For more information, contact Janet LeMonnier, MSW, LSW, at <a href="mailto:janet.lemonnier@atlantichhealth.org">janet.lemonnier@atlantichhealth.org</a> or 908-522-5159.
Third Thursday of the month, 6:00-7:00pm	<b>BRAIN TUMOR SUPPORT GROUP</b> An opportunity for new and existing patients to share their experiences and an education session with monthly speakers/activities.	Contact Claire Weiss, APN, coordinator for the Center for Hope Foundation at 1-833-425-8247.
Various dates and times	<b>HEALING YOUR GRIEVING HEART</b> 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.	Contact Marian Teehan, MSW, LCSW, at 908-522-6348 for details.
Second Tuesday of the month, 2:00-3:00pm (currently meeting through Zoom)	<b>OSTOMY SUPPORT GROUP</b> Supported by the Union County Chapter of United Ostomy Association of America. This is free and registration is required.	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	<b>PERINATAL BEREAVEMENT SUPPORT GROUP</b>	Registration is required. For more information, call 908-522-2946.
Third Thursday of the month, 1:00pm – caregivers; 2:00pm – survivors (currently meeting through Zoom)	<b>STROKE SUPPORT GROUP</b> Through sharing their experiences and concerns, stroke survivors and caregivers can receive emotional and educational support. Registration is required.	For more information, contact 973-971-4412 or email <a href="mailto:MMCstrokesupport@atlantichhealth.org">MMCstrokesupport@atlantichhealth.org</a> .

## WEIGHT LOSS

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



**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**