

AtlanticView

at Hackettstown | Spring 2022

BREAST CANCER:
REGULAR SCREENINGS
SAVE LIVES

PAGE 4

"BARIATRIC SURGERY
GAVE ME THE TOOL
I NEEDED TO SUCCEED"

READ MARY'S STORY ON PAGE 5



Atlantic Health System
Hackettstown Medical Center

LETTER FROM THE PRESIDENT

Greetings,

As spring arrives and everyone can more easily participate in outdoor activities, we are encouraged that so many people have already gotten their COVID-19 vaccination series. If you have not yet done so, we encourage everyone ages five and up to get their vaccine and everyone 12 and up to get their booster as soon as possible.

We're proud to announce that Hackettstown Medical Center has achieved five-star ratings for the treatment of heart failure (two years in a row), sepsis (three years in a row) and chronic obstructive pulmonary disease (COPD) from Healthgrades for 2022. We also received Practice Greenhealth's Environmental Excellence award.

In this issue of *AtlanticView*, you'll meet a patient whose breast cancer was found during her mammogram at the earliest stages and treated using the latest in noninvasive radiation technology. You'll also meet a Hackettstown Medical Center team member whose more than 100-pound weight loss has her happy dancing behind the registration desk. And, you'll learn about the newest technology to identify and treat advanced prostate cancer.

We hope you enjoy the spring and summer, stay safe, and know that Hackettstown Medical Center will continue to be here for your needs, whatever they may be.



Robert Adams, FACHE
President, Hackettstown and
Newton Medical Centers

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

Atlantic Health System, an integrated health care delivery network in New Jersey, is comprised of Morristown Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center, Goryeb Children's Hospital and Atlantic Rehabilitation Institute. The six medical centers have a combined total of 1,841 licensed beds and more than 4,000 affiliated physicians providing a wide array of health care services to the residents of northern and central New Jersey. The medical centers, and Goryeb Children's Hospital as part of Morristown Medical Center, are accredited by The Joint Commission. Specialty service areas include advanced cardiovascular care, pediatric medical and surgical specialties, neurology, orthopedics and sports medicine. Each of these programs has earned top ratings and recognitions in its respective field.

DISCLAIMER: The information contained within this magazine and website is not intended as a substitute for professional medical advice, for which your physician is your best choice. The information in the articles, on the website or on the sites to which it links should not be used as the basis for diagnosing or treating any medical condition. Reproduction of *AtlanticView at Hackettstown* in whole or in part without written permission from the publisher is prohibited. Copyright ©2022. All rights reserved.



Connect with us:

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



OFFICIAL
HEALTH CARE
PARTNER



WE WANT TO HEAR FROM YOU

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

CONTENTS

Departments

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

Features

- 4 Breast Cancer: Regular Screenings Save Lives
- 5 Bariatric Surgery Gave Me the Tool I Needed to Succeed
- 6 Screening Recommendations: An Ounce of Prevention ...

5 "I NEVER THOUGHT MY LIFE COULD BE THIS GOOD"



CEO's corner

Now in our third year of the pandemic, we have all created strategies for coexisting with COVID-19. Whether by masking and distancing or through regular testing and boosting our immunity, we have worked hard to find our new normal and live life more fully in these unpredictable times.

Sadly, some strategies for protecting ourselves actually put us at greater risk.

While many have experienced how effectively physicians and hospitals are providing COVID-safe care, others continue to delay annual checkups, preventive screenings, and treatments for chronic conditions.

Our well-being depends on timely primary and preventive care and visiting labs for the imaging and testing we need. Too often, our caregivers are now supporting patients through delayed healing and unnecessary suffering caused by a lack of routine care.

Do not put your health at the bottom of your to-do list. We have perfected our protocols to ensure that, even in these uncertain times, your care is safer, easier and more convenient than ever before.

As always, thank you for entrusting the Atlantic Health System family with caring for you and your loved ones.



Brian A. Gragnolati

Brian A. Gragnolati
President & CEO,
Atlantic Health System



Introducing a Fresh New Look and Enhanced Services to Help You Embrace Self-Care

Now more than ever, Atlantic Health System believes self-care should be a part of everyone's health and wellness journey.

To help make that journey easier, Chambers Center for Well-Being, located in Morristown, NJ, is excited to unveil a fresh new logo, added services, and an easier-to-navigate website with online booking — all designed to help you look and feel your best.

Start your wellness journey today.

Call us at 973-971-6301 or visit chamberscenterforwellbeing.org to view our menu of services and book today.



Atlantichealth.org en Español

Atlantichealth.org has expanded its Spanish translated web pages. Consumers can now access the website in Spanish to learn more about Atlantic Health System, its health care programs and services, language assistance options, locations, patient and visitor information, and health and wellness articles. **Check it out at espanol.atlantichealth.org.**

New Treatment for Sleep Apnea

When you cannot breathe well through your nose at night, you naturally end up breathing through your mouth. Many mouth breathers experience a sleep condition called obstructive sleep apnea (OSA), which collapses the airway, causing the tongue to fall into the throat. This can lead to snoring, restless sleep, daytime fatigue, and morning headaches. Over time, poor sleep can also contribute to diabetes, liver disease and heart failure.

A simple sleep study from the comfort of your own bed can help determine if you have obstructive sleep apnea. The most common bedtime treatment is continuous positive airway pressure (CPAP), but there's a new FDA-approved implant device, called Inspire, that stimulates the nerve to open the airway — and normalizes breathing. It is an appropriate alternative to CPAP for:

- Ages 18 or older
- Body mass index (BMI) ideally less than 35
- Inability to tolerate or use CPAP

To schedule a sleep study or learn more about OSA, visit atlantichealth.org/inspire.

BREAST CANCER: REGULAR SCREENINGS SAVE LIVES



Dr. Mona Karim and Shelly

Shelly, a 44-year-old mom, was surprised when she was asked to come in to be retested following her yearly mammogram last November. Breast calcifications were found. Shelly knew that breast cancer did not run in her family, so she took the news in stride.

After her second test, however, Shelly was told she needed to get a biopsy. She was shocked to find out that she had DCIS Stage 0 cancer, the stage before breast cancer becomes invasive.

"At first, I sought out medical centers in New York City for my care, but I quickly learned that both Morristown and Hackettstown medical centers had the latest technology and options to offer me," says Shelly.

THE BEST CARE, CLOSE TO HOME

Shelly wanted to be treated at Atlantic Health System and contacted Marcella Fornari, DO, a fellowship-trained breast surgeon, board-certified by the American Osteopathic Board of Surgery, at Atlantic Breast Associates at Morristown Medical Center. An MRI revealed that she needed to get an additional biopsy, this time on her other breast. Shelly had genetic testing done to rule out the BRCA gene and was relieved when the results were negative.

Dr. Fornari performed Shelly's lumpectomy and lymph node removal, and since Shelly had prior breast implants, plastic surgeon Mehul Kamdar, MD, who is board-certified by the American Board of Plastic Surgery, performed reconstruction surgery immediately afterward.

Shelly received radiation treatment by Mona Karim, MD, board-certified by the American Board of Radiology and vice chair of the radiation oncology department for Morristown Medical Center, who also sees patients at Hackettstown Medical Center.

STATE-OF-THE-ART RADIATION ENSURES ACCURACY AND COMFORT

Dr. Karim used the AlignRT® radiation system, which uses 3-D camera units to monitor a patient's skin surface in real time and compare it to the ideal position with no loss in accuracy when compared to tattoos and marks. This technique is called Surface Guided Radiation Therapy (SGRT), and it ensures that radiation is delivered only when a patient is correctly positioned, enhancing their safety and comfort. AlignRT is noninvasive and completely noncontact, an increasingly important consideration for cancer patients, who often have weakened immune systems.

"Dr. Karim's positivity, kind bedside manner, and straightforward way of explaining my treatment put me at ease and helped me through a very difficult time in my life," adds Shelly. "Everyone with whom I came in contact truly became my friends throughout my treatment, and made me feel safe, cared for, and optimistic about my health outcome."

Shelly has completed her radiation treatments, is healthy and, as a precaution, receives an MRI every six months. ▲

ATLANTIC MEDICAL GROUP

Drs. Fornari and Karim are part of Atlantic Medical Group, a multidisciplinary network of health care providers. Visit atlanticmedicalgroup.org for more information. Dr. Fornari can be reached at 973-895-6633. Dr. Karim can be reached at 973-831-5306.

To find out more information about Dr. Kamdar and Atlantic Health System-affiliated providers, visit atlantichealth.org/ doctors. Dr. Kamdar can be reached at 973-577-6050.

"I Never Thought My Life Could Be This Good"

Bariatric surgery gave me the tool I needed to succeed

Mary R., 39, of Independence, NJ, works the registration desk at Hackettstown Medical Center. But everyone is seeing a lot less of her these days — since she's lost nearly 115 pounds after having bariatric surgery in November 2020.

Mary had high blood pressure, reproductive issues, severe sleep apnea, her back ached, and she felt tired all the time. Deciding that things needed to change, Mary and her husband were very impressed by a webinar led by Ajay Goyal, MD, who is board-certified by the American Board of Surgery and performs bariatric surgeries at Hackettstown Medical Center and other Atlantic Health System hospitals. He is also the director of bariatric surgery at Overlook Medical Center and director of New Jersey Bariatric Center. He explained all the different surgeries available.

"My husband did not like the idea of me having bariatric surgery at first," Mary reveals. "But the webinar completely changed both of our minds."

TAKING THE FIRST STEP TO A NEW LIFE

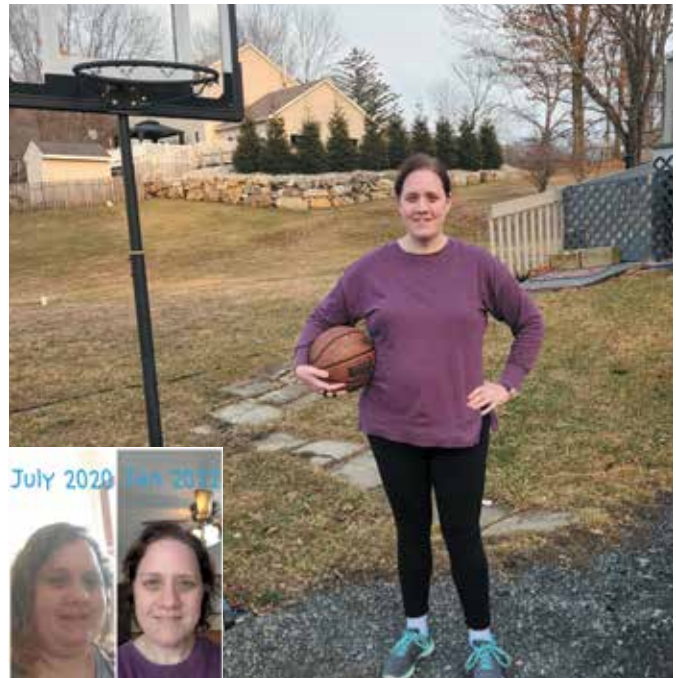
A nutritionist helped Mary lose 30 pounds prior to surgery. James Buwen, DO, a bariatric surgeon, board-certified by the American Osteopathic Board of Surgery, who performs surgeries at Hackettstown Medical Center and other Atlantic Health System hospitals, performed Mary's surgery.

"I opted for the gastric sleeve, and it worked. I feel amazing," Mary enthuses. She credits her great experience with her surgeon, anesthesiologist, and all her nurses who made sure that she was comfortable, secure, and able to rest following surgery.

"With the sleeve surgery, because things weren't rerouted, I can eat anything I want," Mary says. "I'm only restricted in quantity. It's easy to make that decision now."

LIVING HER BEST LIFE

Following her surgery and weight loss, Mary's blood pressure is now in the normal range, her reproductive



"I thought that I should be able to do it on my own. I shouldn't need surgery. I thought so many things, and they were all wrong. This isn't giving up."

— Mary

health issues have resolved, and she sleeps all night. She no longer requires any medication.

"I never thought my life could be this good," Mary exclaims. "I thought that I should be able to do it on my own. I shouldn't need surgery. I thought so many things, and they were all wrong. This isn't giving up. Every single day, I decide to eat the right things and go to the gym. I'm still doing the work, but Dr. Buwen gave me the tool that I needed to make it successful." ▲

To read Mary's complete story, visit atlantichealth.org/bariatric.

To find out more information about Dr. Goyal and Dr. Buwen and all our bariatric surgeons, visit atlantichealth.org/bariatricfindadoc.

Dr. Goyal and Dr. Buwen can be reached at 908-481-1270.

Screening Recommendations: An Ounce of Prevention ...

The road to long-term health begins with your primary care doctor who oversees your preventive health screenings throughout your life. With your doctor's help, you can take proactive steps to delay, alleviate and even prevent chronic illness. The more your primary care doctor knows about you, the greater their ability to provide you with insights about your overall health.



SCAN ME

Yearly Recommendations for Adults

COMPREHENSIVE PHYSICAL EXAM.

An annual wellness visit is recommended for all adults. Your doctor will measure your blood pressure and your height and weight. They'll also answer any questions about your health concerns.

ROUTINE BLOOD WORK. Your doctor may order a complete blood count (CBC), a basic metabolic panel (BMP) and based on your symptoms, risk factors, or family history, they may order specific blood tests. A hepatitis C screening is also recommended for adults at least once in their lifetime.

IMMUNIZATIONS. Vaccines help your immune system fight disease and provide protection for many years. They also help stop the spread of infections from one person to another.

Screening Recommendations

Women

COLORECTAL CANCER Speak with your doctor about which colon cancer screening is right for you. *Starts at age 45 through 75 for those at average risk*

LUNG CANCER Screening with low-dose computed tomography (LDCT). *Annually for age 50 to 80 years who have a smoking history or currently smoke*

OSTEOPOROSIS Bone measurement test. *For those younger than 65 years who are at increased risk of osteoporosis; all women 65 and older should be screened once*

CERVICAL CANCER Cervical cytology (Pap smear) and high-risk human papillomavirus testing (hrHPV). *Screening beginning at age 21*

BREAST CANCER Mammography or breast ultrasound every two years. *Ages 50 to 74; screenings before age 50 or after 74 are a shared decision between patient and practitioner*

Men

PROSTATE CANCER Prostate-specific antigen (PSA) blood test to screen for prostate cancer. *Begins at ages 50 to 75; for those at higher risk, recommended start at age 40*

ABDOMINAL AORTIC ANEURYSM One-time screening with ultrasonography for men. *Ages 65 to 75 who have smoked*

COLORECTAL CANCER Speak with your doctor about which screening for colon cancer is right for you. *Starts at age 45 through 75*

LUNG CANCER Screening with low-dose computed tomography (LDCT). *Annually for ages 50 to 80 years who have a smoking history or currently smoke*

This list of screenings for women and men is based on current recommended guidelines. For patients at increased risk due to family history, health issues or lifestyle, your primary care doctor may recommend earlier or additional screenings. Remember, early detection can save lives.

**To find an Atlantic Medical Group doctor near you, call 1-844-264-2250
or schedule online at atlanticmedicalgroup.org.**

Foundation Concludes Bucket Brigade II Campaign



The Foundation for Hackettstown Medical Center is pleased to announce the completion of their three-year Bucket Brigade II (BBII) fundraising campaign. The \$715,000 goal was reached in March — right on schedule.

The BBII campaign name is reminiscent of Hackettstown Medical Center’s deep roots in this community. To raise funds for the construction of Hackettstown Community Hospital, the original Bucket Brigade of community volunteers stood with buckets at the five-corners intersection in the late 1960s, collecting donations from passing motorists. In those three summers, \$101,000 was raised, one handful of spare change at a time.

Fast-forward to today, when projects supported by BBII funds include: a new, state-of-the-art Hybrid Operating Room that provides more flexible surgical options; expansion of the

Outpatient Infusion Center, including the construction of a dedicated mixing pharmacy; and renovations and new technology in the Emergency Department.

Thank you to everyone who donated to BBII and showed that — even 50-plus years later — the brigade of support for Hackettstown Medical Center is alive and well. ▲

community calendar Spring 2022

Welcome to your Hackettstown Medical Center Community Calendar. Many of our classes will be held virtually. Call the telephone number listed or email the contact person for more information. **Please visit atlanticealth.org/calendar for up-to-date information and a full listing of classes and events.**

BEHAVIORAL HEALTH

For up-to-date information, call 1-888-247-1400.

CANCER CARE

First Friday of the month, 2:00-3:00pm

VIRTUAL CANCER SUPPORT GROUP

DIABETES AND NUTRITION

For up-to-date information, call 973-579-8341.

First and second Tuesdays of the month, Noon-3:00pm

DIABETES EDUCATION CLASSES

Third Tuesday of the month, 11:00am-Noon

DIABETES SUPPORT GROUP

First Wednesday of the month, 6:00-7:00pm

WEIGHT LOSS SURGERY GROUP

PARENTING AND CHILDBIRTH

Parent Ed now has Childbirth Education, Breastfeeding and Baby Care on Zoom (various dates). Register online at atlanticealth.org/classes.

Third Saturday of the month, Noon

VIRTUAL MINDFUL PREGNANCY

PULMONARY

For up-to-date information on tobacco cessation classes and Better Breathers Support Group, call 908-579-8797, option 3.

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 atlantichhealth.org/doctors.

TAKE CHARGE OF YOUR HEALTH

Make an appointment to see your primary care doctor




**GET YOUR ANNUAL
FLU SHOT**



MENTAL HEALTH EVAL
to explore the prevalence
of anxiety and depression




HEARING / VISION EXAM
to evaluate the need
for sensory support



GLUCOSE TEST
to measure and track
risk of diabetes



LOW-DOSE CT SCAN
to screen for lung cancer




MAMMOGRAM
to detect and prevent
breast cancer



PSA SCREENING
to test for
prostate cancer



BLOOD PRESSURE TEST
to measure how hard your
heart is working




COLORECTAL SCREENING
to test for colon
and rectal cancers



CHOLESTEROL TEST
to measure your risk
for heart attack and stroke




IMMUNIZATIONS
to protect against
infection and disease



PAP SCREENING
to test for
cervical cancer



BONE DENSITY SCAN
to measure osteoporosis
and bone loss



SKIN EXAM
to identify and
monitor skin growths



Visit
AtlanticHealth.org/
appointments
or call
800-247-9580

Need financial
assistance?
Call the
Atlantic Health
Customer Service
Center at
800-619-4024