

# AtlanticView

at Morristown | Fall 2021



## FINALLY, GETTING THE RIGHT DIAGNOSES

PAGE 8

## RARE, HIGH-TECH, MIXED REALITY SURGERY

PAGE 10



Atlantic Health System  
Morristown Medical Center



## LETTER FROM THE PRESIDENT

We're gratified that the number of people vaccinated against COVID-19 continues to rise throughout our region, and we encourage all who are eligible to get their vaccine, as supply is plentiful and the vaccines are safe. Everyone who received their vaccines through an Atlantic Health System facility can now download a digital vaccine card through MyChart.

We are so proud to tell you that Morristown Medical Center has once again been named the number one hospital in New Jersey by *U.S. News & World Report* for the fourth year in a row and is one of the World's Best Hospitals and a Best Hospital for Infection Prevention by *Newsweek*. In addition, we received an "A" rating from the Leapfrog Group for hospital safety for the 12th straight time.

In this issue of *AtlanticView*, you'll meet Priscilla, who was an Olympic hopeful. She had COVID-19 and then developed chest pain which led her to Dr. Martinez who gave her a very optimistic diagnoses. You'll learn about our new Aortic Center; how robots are changing our operating rooms; a groundbreaking mixed reality technology being used for shoulder replacement surgery; a new partnership between Atlantic Health System and NYU Langone to provide pre- and post-treatment care for heart and liver transplant patients close to home; and why women need to know that their gynecologist can be their lifelong health care partner.

Morristown Medical Center proudly continues to be here to protect the communities we serve. Don't forget to get your flu shot this fall, and for more information on COVID-19 third doses and booster shots, see our COVID-19 vaccine web page at [atlantichealth.org/covidvaccine](https://atlantichealth.org/covidvaccine).



**TRISH O'KEEFE, PhD, RN**  
President, Morristown Medical Center

# AtlanticView

at Morristown | Fall 2021

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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 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.

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**OFFICIAL  
HEALTH CARE  
PARTNER**

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## WE HAVE A DEDICATED RECOVERY PROGRAM FOR PATIENTS WITH LINGERING COVID-19 SYMPTOMS

 **908-522-3361**

 [atlantichealth.org/covidrecovery](https://atlantichealth.org/covidrecovery)

# CEO's corner



## Extraordinary Caring, Expanded Access

A major element of our mission to build healthier communities involves expanding access to high-quality care for patients and families across New Jersey. In this edition, you'll learn about Atlantic Health System's strategies for making care more convenient and delivering innovative medicine close to home.

The latest development in our unique partnership with CentraState Healthcare does just that, welcoming nearly 50 new physicians and their teams to Atlantic Medical Group. Providing primary care, women's health, respiratory and other specialties across Central Jersey, the newest members of the Atlantic Medical Group family are ready to care for you in offices from Edison to Jackson.

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

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



*Brian A. Gragnolati*

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

## Morristown Medical Center RANKED THE NO. 1 HOSPITAL IN NEW JERSEY FOR THE FOURTH YEAR IN A ROW

In its 2021-2022 Best Hospital rankings, *U.S. News & World Report* ranked the medical center as one of the top acute care hospitals in New Jersey and among the 50 best hospitals in the nation for Gynecology (No. 28), Orthopedics (No. 30), and Cardiology & Heart Surgery (No. 42). In addition, Morristown Medical Center was ranked the No. 7 hospital in the New York Metro area, moving up from No. 8 last year.



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

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

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

## Morristown Medical Center Nationally Recognized for Patient Safety

**Morristown Medical Center earned the highest possible safety rating of "A" 12 consecutive times** by The

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





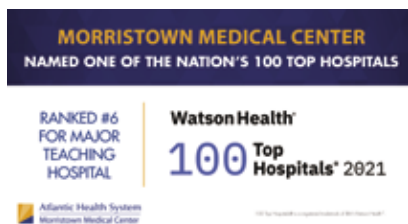
Morristown Medical Center Designated as an MBSAQIP Accredited Center with Adolescent Qualifications



Morristown Medical Center AWARDED THE GOLD STANDARD – LEVEL 1 Geriatric Accreditation for Its Emergency Department

Morristown Medical Center Named Among World’s Best Hospitals and Best Hospitals for Infection Prevention by Newsweek

Morristown Medical Center has been named among the World’s Best Hospitals by Newsweek for the **third consecutive year** of the publication’s ranking. In addition, Morristown is ranked among the Best Hospitals for Infection Prevention in 2021.



Morristown Medical Center Named to the 2021 Fortune/ IBM Watson Health 100 Top Hospitals in the US

Morristown Medical Center was named sixth among the top 10 teaching hospitals in the U.S., according to the list of 2021 Fortune/ IBM Watson Health “100 Top Hospitals” in the country. The ranking introduces a measure of hospitals’ contributions to community health with a focus on equity, along with measures of clinical outcomes, operational efficiency, patient experience and financial health.



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.

The health system received the prestigious System for Change Award for 2021, which recognizes health systems that are working cohesively to set system-wide sustainability goals, track performance data, benchmark, and support intra organizational learning and implementation within their institutions.

Morristown Medical Center in Transatlantic Partnership With Cork University Hospital in Ireland

Morristown Medical Center is now a globe-trotting trendsetter as a partner hospital with Cork University Hospital in Ireland. Morristown is “twinning” with the facility on its path to Magnet® designation through Magnet4Europe, which aims to improve mental health and well-being among health professionals and patient safety in more than 60 hospitals across Europe.

“It is evident that the heart and essence of a nurse is the same regardless of the country they are from or the language spoken,” says Carol S. Jones, RN, chief nursing officer, Morristown Medical Center. “We are excited to continue this journey over the next few years and hopefully, meet face-to-face and learn from each other.”

## ATLANTIC MEDICAL GROUP EXPANDS IN CENTRAL NEW JERSEY

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

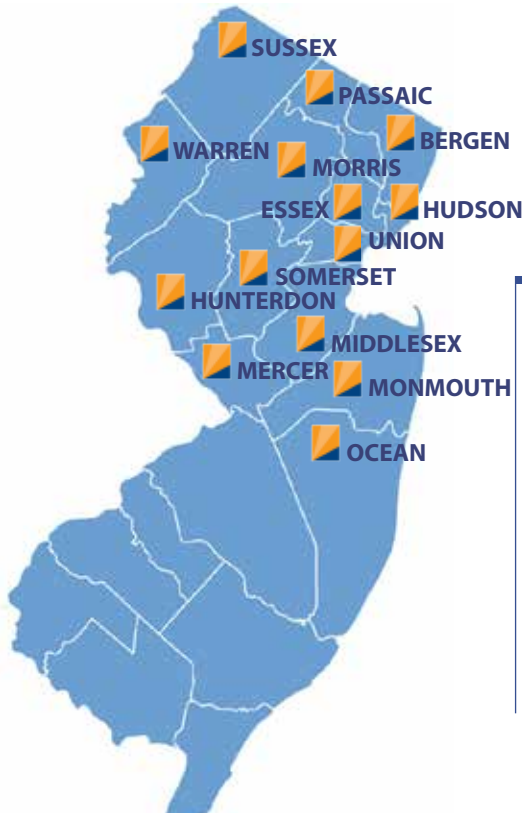
framework for CentraState Healthcare System.

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

"Care begins in the community, and patients in central New Jersey turn first to these CentraState-affiliated physicians for care," says Steven Sheris, MD, FACC, FACP, executive vice

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

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



### WELCOME CENTRASTATE PRACTICES

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

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

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

Surgical Associates of CentraState (Freehold, Edison)

Pulmonology Associates of CentraState (Freehold, Morgansville)

Nephrology Associates of CentraState (Jackson)

Jia Cheng, MD, Movement Disorder Program (Freehold)

Neonatology Associates of CentraState (Freehold)

Atlantic Health System has been named to *PEOPLE Magazine's* Companies that Care®. The list highlights the top 100 U.S. companies that have succeeded in business while also demonstrating outstanding respect, care and concern for employees, their community and the environment.



## ANNOUNCING THE NEW AORTIC CENTER at Morristown Medical Center

The aorta is the largest artery in the body, and it carries oxygen-rich blood from the heart to the body. The thoracic aorta is the portion of this blood vessel that is in the thorax (chest). Left untreated, diseases of the aorta can quickly escalate into life-threatening emergencies.

The new Aortic Center at Morristown Medical Center provides a comprehensive, innovative approach to patients with diseases of the thoracic aorta such as aortic aneurysm, aortic dissection, aortic disease that may accompany bicuspid aortic valve, connective tissue disorder, and other aortic pathology.

This multidisciplinary approach combines the expertise of world-class cardiac and vascular surgical teams with the knowledge of professionals in fields such as cardiology, anesthesiology, critical care, radiology and genetics. Together with you and your loved ones, the center will create a treatment plan that balances the risks and benefits of the available medical and surgical interventions.

"Our strategies range from active surveillance (evaluating your aortic disease and working with your primary doctor to ensure proper monitoring and follow-up), medical management to endovascular (less invasive) and/or conventional open-heart surgical procedures to treat the underlying problem," says Benjamin van Boxtel, MD, surgical director of the Aortic Center.

**For more information,  
visit [atlanticealth.org/aorticcenter](http://atlanticealth.org/aorticcenter).**



Benjamin van Boxtel, MD

## Robots Are Transforming Our Operating Rooms

With rapid advancements in computer-guided equipment, more patients are seeking out minimally invasive robotic-assisted surgical solutions for various medical conditions than ever before. Morristown Medical Center's state-of-the-art robotic surgery program offers patients the most sophisticated technology available, providing care across numerous specialties from general surgery to gynecologic, urologic, oncology, bariatric procedures – and more.

While surgery used to be associated with long hospital stays, blood loss, and pain, robotic surgery is changing this narrative for patients. Robot-assisted procedures offer advantages over traditional open surgery including reduced recovery time, smaller incisions, significantly less post-operative pain and blood loss, and a quicker return to daily activities.

Morristown Medical Center pioneered its robotic surgery program back in 2005, starting with one robot, and since then, the program has grown to include 4 robots with more to come. Morristown Medical Center remains steadfast in its dedication to delivering the best possible outcomes to our patients using the most cutting-edge technologies.

The da Vinci® Surgical System allows surgeons to work inside a patient's body using small instruments that fit through tiny incisions. The instruments are precise, dexterous and have maximum range of motion that go beyond the capability of human hands. A three-dimensional camera magnifies visualization of the tissue and body structure and guides the surgeon during the entire procedure.

Our robust team of more than 25 surgeons use the da Vinci® Surgical System to perform minimally invasive robotic procedures at Morristown Medical Center and one outpatient surgical location at 111 Madison Avenue.

**To learn more about robotic surgery at Morristown Medical Center,  
visit [atlanticealth.org/robotics](http://atlanticealth.org/robotics).**



## Women's Association Supports Mental Health Initiatives

The Women's Association for Morristown Medical Center (WAMMC) raised \$150,000 during its Blue Skies Virtual Spring Fundraiser to support the mental health initiatives for Atlantic Behavioral Health at Morristown Medical Center.

"We were proud to support Atlantic Behavioral Health at Morristown Medical Center's ongoing efforts to advance its mental health initiatives in our community. We are equally proud of and extremely grateful to everyone who supported the raffle, participated in our online auction, or made a direct donation to help make this virtual fundraiser such a great success," says Katie Nolle, president, Women's Association for Morristown Medical Center.

**For more information about the Women's Association, visit [wammc.org](http://wammc.org).**

# Your Gynecologist Is One of Your Most Valued Health Partners

## It's time to start taking care of you

The pandemic disproportionately impacted women's health. Along with a decrease in women getting regular health screenings, there was an increase in women – especially mothers – putting their own physical health and mental well-being on the back burner. “Women already had a lot on their plate and then all these other things happened, caused by the pandemic,” says Diana Contreras, MD, medical director of OB/GYN and Women's Health, Atlantic Health System. She is dual board-certified in both gynecology oncology and obstetrics and gynecology. “Women had to leave some of their previous roles and take on different ones. The stress from that was tremendous.”



### GET BACK ON TRACK

Dr. Contreras says there has been a drop-off in women getting routine screenings. “From mammograms to visiting the dentist, it's time to start taking care of you,” she says. Take stock of which appointments and screenings you've missed. “If you need to get a mammogram or a colonoscopy, don't schedule them the same week. It's OK to spread them out,” says Dr. Contreras. “Make an inventory of your health; then start working on that list slowly. Small goals like beginning to walk for exercise can have a huge impact.”



### TURN TO YOUR GYN

Your gynecologist can discuss all of the issues that affect your overall health. Jill Skoczylas, MD, board-certified in OB/GYN, focuses on treating the whole woman, including healthy lifestyle, mental health and providing education, as needed about their bodies and tools to be on top of their health. “The well-woman visit is a perfect time to ask questions about sexual health, abnormal periods, infertility, menopause and other obstetrics and gynecology issues. Well-woman visits include a full checkup and focus on preventive care for women.”



### KNOW THE FACTS

Getting vaccinated is one proactive thing women can do to take charge of their health, and Dr. Contreras says that many of the fears surrounding COVID-19 vaccines



are unfounded. “I think it's really important that women get science-based information. There's no science behind the whole idea of infertility and the vaccine,” she says. “We do know that millions of women have been fully vaccinated in the U.S., and that it's safe and effective.”



### DO A MENTAL HEALTH CHECK-IN

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

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



### FIND HEALTHY WAYS TO MANAGE STRESS

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

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

### ATLANTIC MEDICAL GROUP

Dr. Skoczylas is part of Atlantic Medical Group, a multispecialty network of health care providers. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). She will be practicing at Women's Health at Rockaway.



# PRISCILLA'S STORY

JUMPING FOR JOY, ATHLETES' HEARTS  
MAY LOOK DIFFERENT

*Finally, Getting the Right Diagnoses*



On New Year's Day 2021, with the Tokyo Games just six months away, Olympic high jumper Priscilla L. made a resolution. **"I resolved to control only what I'm able to control,"** she says.

She had survived the emotional upheaval of 2020, when the COVID-19 pandemic forced the postponement of the Tokyo Olympics. She set her sights on 2021 and kept on training. But then, 17 days into the new year, she tested positive for COVID-19.

"I instantly cried," Priscilla says. "I didn't know what was happening, but I knew I'd miss the start of indoor track and field season. It was devastating."

Priscilla had many of the telltale COVID-19 symptoms – lack of energy, sinus congestion and a loss of smell and taste. The only thing she did not have was a fever. She spent a week on the couch.

When she slowly tried to start training again, she started having chest pain. "I had no cardiac problems before," says Priscilla, age 32. "I went to an Urgent Care, then an ER, and they couldn't find anything wrong with my heart."

In February, a visit to another doctor revealed she had pleurisy, an inflammation of the lungs that can cause intermittent chest pain. "I was cleared for 30% of my workouts, but that wouldn't be enough to make the Olympics," says Priscilla, who lives in Wildwood, NJ, and has dual citizenship in the U.S. and Antigua and Barbuda. She competes internationally for Antigua and Barbuda.

When her chest pain did not get better in March, she went to another doctor, had an MRI and received some startling news. "He said my heart didn't look good and I'd have to retire from competition," Priscilla says. "I couldn't believe it."

But Priscilla was not about to take no for an answer. She searched high and low for an expert who could give her a second opinion.

Someone she knew connected her with Barry Lowell, MD, an interventional cardiologist for Atlantic Health System. "Dr. Lowell told me he knew a specialist who deals with athletes and hearts, and he'd know exactly how to diagnose this," Priscilla says.

On March 31, Priscilla and her mom traveled three hours north to meet with that doctor, Atlantic Health System sports cardiology specialist Matthew Martinez, MD, on the campus of Morristown Medical Center. Dr. Martinez, who is board-certified and fellowship-trained in cardiovascular disease, is a nationally recognized expert in identifying and treating athletes with underlying heart issues such as arrhythmia or hypertrophic cardiomyopathy (thickening of the heart muscle, the most common cause of sudden cardiac death in young athletes).

Dr. Martinez examined Priscilla, reviewed her MRIs and gave her a definitive answer. "He told me that there was nothing wrong with my heart; it just looked different because I'm an athlete. Then he said, 'Start training for the Olympics!'"

In late June, she competed in the National Track & Field Championships in the Bahamas. While she fell just short of making the Olympic standard and did not compete in the Tokyo Olympics, she's proud of her high jump career, which has included one Olympic appearance (Rio 2016) and two Pan-American Games silver medals. And she's looking forward to a healthy future. ▲



**"Dr. Martinez told me that there was nothing wrong with my heart; it just looked different because I'm an athlete."**

**ATLANTIC MEDICAL GROUP**

Matthew Martinez, MD, and Sports Cardiology are part of Atlantic Medical Group, a multidisciplinary network of health care providers. Dr. Martinez can be reached at 973-971-5899. For more information, visit [atlantichhealth.org/sportscardio](http://atlantichhealth.org/sportscardio).



## RARE, HIGH-TECH, MIXED REALITY SURGERY

Morristown Medical Center uses new technology for shoulder replacement operations

Dr. Eric Black (5th from left), and his surgical team prepare for surgery using the latest technological advancements

**G**roundbreaking shoulder surgeries are now being performed at Morristown Medical Center—one of only a few hospitals in the U.S. chosen to take it on.

Shoulder replacement surgery serves to replace arthritic surfaces in the shoulder with artificial parts. Complicating this is the unique anatomy of the glenoid socket and humeral ball, which often present a significant challenge due to anatomical variations and deformities. Mixed reality – which is performed by Eric Black, MD, a board-certified orthopedic surgeon specializing in shoulder and elbow surgery, anchors virtual objects into the real world and allows the surgeon to interact with the objects before and during surgery.

This technology can be used to assist in the placement of implants during shoulder replacement surgery, specifically in complex cases. It can also be used as an educational tool to teach other surgeons how to navigate

complicated cases. Less than a dozen U.S. surgeons are able to use the technology.

Mixed reality also allows surgeons to have immediate access to patient history, X-rays, three-dimensional CT scans and implant choices throughout the operation. This allows surgeons real-time access to critical information that can help facilitate accurate implant placement, avoid complications and maximize patient outcomes.

Complex shoulder replacements are Dr. Black's specialty. On average, surgeons who are considered to perform a "high volume" of shoulder replacements in the U.S. perform about 10 annually. Dr. Black does about 160 or more each year.

"Mixed reality is an incredible technology that synthesizes the online preoperative planning software with real-time data analysis during surgery. This allows the surgeon to accurately implement a surgical plan with incredible accuracy," Dr. Black

“At Morristown Medical Center, we are committed to investigating and utilizing the latest technology for the benefit of our orthopedic surgeons and the patients in order to provide the patient with the safest procedures and best outcomes.”

– James Wittig, MD, chairman, Orthopedic Surgery Morristown Medical Center and medical director, Orthopedics, Orthopedic Oncology and Sarcoma Surgery, Atlantic Health System

Dr. Eric Black prepares for mixed reality visualization shoulder surgery using groundbreaking advanced virtual technology to enhance the highest level of precision.



says. “Surgical steps such as visualizing a humeral cut as well as positioning the glenoid implant can be made entirely more efficient with this technology for a fraction of the cost of a robot but with the same accuracy. It is a complete game changer, and I am honored to be a part of the rollout.”

As a teaching tool, mixed reality has the potential to allow surgeons who do not have a lot of experience with a certain procedure or implant to invite another surgeon to be a surgical mentor and guide them through the operation remotely. As a virtual hologram projected above the patient, surgical mentors can watch the surgeon perform the operation and provide feedback with the use of real-time visual cues.

Mixed reality can be a powerful tool for education, clinical assessment and intraoperative navigation. It is at the forefront of orthopedics, with the primary goals to enhance patient outcomes and improve implant longevity.

“At Morristown Medical Center, we are committed to investigating and utilizing the latest technology for the benefit of our orthopedic surgeons and the patients in order to provide the patient with the safest procedures and best outcomes,” says James Wittig, MD, a board-certified orthopedic surgeon and chairman, Orthopedic Surgery Morristown Medical Center and medical director, Orthopedics, Orthopedic Oncology and Sarcoma Surgery, Atlantic Health System. “Dr. Black is a true innovator in the realm of mixed reality for surveillance procedures and is representative of one of the innumerable outstanding orthopedic surgeons we have in the department.” ▲

***For more information, visit [atlantichealth.org/morristownorthopedics](https://atlantichealth.org/morristownorthopedics).***

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

Health systems coordinate transplant care for heart and liver patients

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

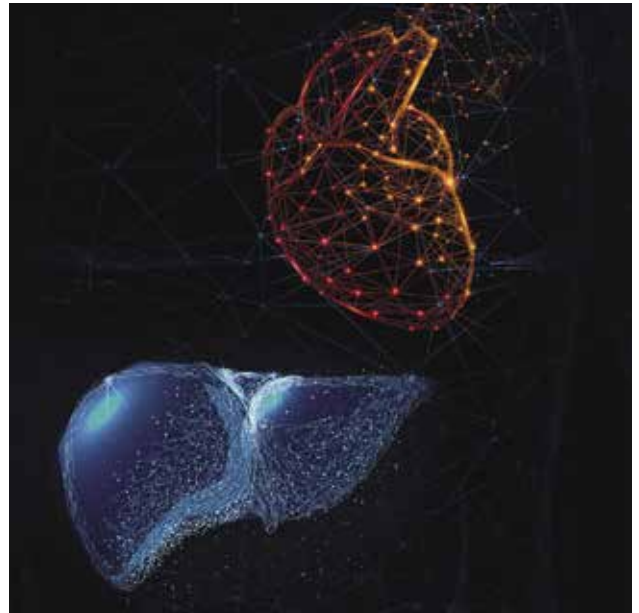
### **PARTNERSHIP**

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

### **ELIGIBILITY**

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

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



### **HEART PATIENTS**

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

### **LIVER PATIENTS**

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

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

# MORRISTOWN MEDICAL CENTER #1 HOSPITAL IN NJ\*

4 YEARS IN A ROW!



Setting New Standards of Care with  
Nationally Recognized Programs

Cardiology & Heart Surgery | Gynecology | Orthopedics

\*Tie, 2021-2022

CELEBRATING  
YEARS

25



Atlantic Health System

To learn more visit [atlantichhealth.org/usnews](https://atlantichhealth.org/usnews)

## Community Donates \$40.3 Million to Morristown Medical Center Renovation, Expansion



The Foundation for Morristown Medical Center is pleased to announce that community members contributed \$40.3 million toward the critical renovation and expansion of Carol G. Simon Cancer Center, Gagnon Cardiovascular Institute and Goryeb Children's Hospital, significantly exceeding the initial campaign goal of \$38.5 million. More than 1,500 donors, including the Gagnon, Goryeb and Simon families, supported the Growing Forward Campaign that launched on Giving Tuesday, December 3, 2019.

Projects were initially identified to not only enhance the capacity of these Centers of Excellence but also to create patient-centric units where caregivers could provide the extraordinary care the community has come to rely upon. In the end, these projects became as critical to COVID-19 patients as they are to heart, cancer and pediatric patients and their families. ▲

**For a full list of campaign donors and details about the expansion, visit [f4mmc.org/forward](https://f4mmc.org/forward).**



More than 1,500 donors,  
including the Gagnon,  
Goryeb and Simon families,  
supported the Growing  
Forward Campaign.

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

### DIABETES AND WELLNESS

Classes and Support Groups are available. Call 973-971-5524 for more information.	ADULT DIABETES EDUCATION CENTER
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### PARENTING AND CHILDBIRTH

Third Saturday of every month, Noon	VIRTUAL MINDFUL PREGNANCY
-------------------------------------	---------------------------

### SUPPORT GROUPS

Monthly	HEART FAILURE GROUP AND MILRINONE SUPPORT GROUP
Third Wednesday of every month, 7:00-9:00pm. Call George Salamy at 908-400-3311 or email <a href="mailto:gfsalamy@comcast.net">gfsalamy@comcast.net</a> .	OSTOMY SUPPORT GROUP (VIRTUAL)
First Thursday of the month, 2:00-3:00pm (all members); Third Thursday of the month, 1:00-2:00pm (caregivers); Third Thursday of the month, 2:00-3:00pm (survivors)	STROKE SUPPORT (VIA ZOOM)
Fourth Monday of the month, 6:30-8:00pm. New members must register by calling 973-971-5599.	THRIVE – AFTER THE ICU RECOVERY SUPPORT GROUP (VIRTUAL)

### ONCOLOGY

For more classes and additional information, visit [atlanticealth.org/cancerclass](http://atlanticealth.org/cancerclass) or call 973-971-6182.

Fridays, 11:00am-Noon	ART THERAPY GROUP
Various dates and times	CAREGIVERS GROUP
First Monday of the month, 3:00-4:00pm	CAROL G. SIMON CANCER CENTER NUTRITION AND WELLNESS
Mondays, 1:00-2:00pm	CHAIR YOGA
First and Third Wednesdays of the month, Noon-12:30pm	GUIDED MEDITATION
Third Wednesday of the month, 1:30-3:00pm	HEAD AND NECK SUPPORT GROUP
Virtual program. Call 973-971-7971 or 973-971-6358 for more information and to enroll.	QUIT SMOKING PROGRAM
First Tuesday of the month, Noon-1:30pm	POST TREATMENT GROUP
Third Tuesday of the month, 1:00-2:00pm	SURVIVORSHIP SERIES

## GET YOUR DIGITAL VACCINE CARD

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

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

**Learn more at [atlanticealth.org/vaccinecard](http://atlanticealth.org/vaccinecard).**



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

**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**