

# AtlanticView

at Overlook | Spring 2022



**MULTIDISCIPLINARY  
CARE TEAM DELIVERS  
HOPE TO CANCER  
PATIENT**

READ BRIAN'S STORY, PAGE 6

**CONVENIENT ACCESS TO  
ELECTIVE ANGIOPLASTY**  
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**THE NEW HERSH  
CHILDREN'S CENTER**  
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Atlantic Health System  
Overlook Medical Center

## LETTER FROM THE PRESIDENT

The days are longer, and the sun seems to shine a little brighter. This time of year always feels full of warmth and promise.

The stories in this edition of *AtlanticView at Overlook* are also about promise, and hope for a healthier future at any age.

Tour the new Hersh Children's Center in the pages of this issue. We are extremely proud of this new center, which brings together the Meri and Sol Barer Inpatient Pediatric Center and the Michael Gordon Reeves Pediatric Emergency Department in one location.

The Hersh Children's Center is designed with the comfort of patients and parents in mind. With inpatient and emergency services located together, we can dedicate team members to follow their patients through all stages of their stay at Overlook.

Brian S. lives life with zest and enthusiasm. A lifelong musician, his

passion for music and for life was shaken by his colon cancer diagnosis. But his surgery at Overlook and his partnership with his surgical oncologist have helped him find his way back to doing the activities he loves.

Learn from a clinical neuropsychologist about the value of neuropsychological testing to assess memory loss and cognitive function. The team at Atlantic Health System's Memory and Cognitive Program works to help patients and their families determine the nature and cause of memory loss, which is so important for determining the path for Alzheimer's and dementia patients.

We also explain why strokes are being detected in younger patients and offer a guide for mothers-to-be who may be at risk for gestational diabetes.

Enjoy these promising spring days, knowing that Overlook Medical Center is here for you, offering innovative care for every stage of life.



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

# AtlanticView

at Overlook | Spring 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 children's 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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### WE WANT TO HEAR FROM YOU

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

# 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.

In this edition, learn more about the expertise and innovation empowering our physicians to help patients live better with Alzheimer's, conquer metastatic brain cancer, and understand the treatment of cardiovascular disease through elective angioplasty.

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

## Overlook Medical Center Earns THREE Prestigious Rankings



Among the top hospitals in the nation for patient safety by Healthgrades



One of America's 50 Best Hospitals by Healthgrades



Named Among World's Best Hospitals and Best Hospitals for Infection Prevention by Newsweek



### 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](http://chamberscenterforwellbeing.org) to view our menu of services and book today.**



## 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 [atlanticealth.org/inspire](http://atlanticealth.org/inspire).**



## Get Involved With Camp Clover

Atlantic Visiting Nurse will once again sponsor its bereavement day camp for children, Camp Clover. The camp, which is free of charge, is available to children and teens grades 1 through 8 who have experienced the death of a close relative or friend. Dates are from August 15 through August 18, 2022, at Camp Riverbend in Warren, NJ. To register, volunteer or donate, please call 973-379-8444.



## 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](https://espanol.atlantichealth.org).

## New Hope Against Brain Tumors

Overlook Medical Center has been selected as the only site in New Jersey and one of the first in the nation to participate in a clinical trial of a groundbreaking new brain tumor vaccine.

The "SURVIVE" Phase 2B trial, sponsored by MimiVax LLC, will allow doctors at Overlook to treat patients newly diagnosed with glioblastomas with SurVaxM, a first-of-its-kind vaccine that targets survivin, a cell-survival protein found in 95% of glioblastomas and many other cancers.

Neuro-oncology experts at Overlook are hoping that the vaccine will offer a better shot at long-term survival from the disease and improved function for patients with glioblastoma, a debilitating condition with an average survivability of about 16 months.

"I think it represents the possibility of a true advance for this uniformly fatal disorder," says neuro-oncologist Robert Aiken, MD, the lead researcher for the trial at Overlook, and co-director of Overlook's Gerald J. Glasser Brain Tumor Center. "The prospect of surviving for more years, while maintaining function would be an incredible gift for patients."

The vaccine is given to patients once they complete the typical postsurgical treatment of radiation and chemotherapy, which usually lasts about 6-8 weeks after surgery to remove the tumor. The vaccine is given every two weeks over a six-week period and then every two months over a 24-month period, from the first injection.

The Gerald J. Glasser Brain Tumor Center is located in the heart of Atlantic Neuroscience Institute at Overlook, which has been nationally recognized for neuroscience care. Overlook's capabilities in treating brain tumors, including an integrated care team, cutting-edge surgical procedures, supportive care and comprehensive symptom management, makes it uniquely suited for the trial among hospitals in the region. ▲

**Visit [atlantichealth.org/SurVaxMvaccine](https://atlantichealth.org/SurVaxMvaccine) for additional information.**

# Physician Volunteers Help Advance Treatment for Rheumatic and Autoimmune Diseases

At Overlook's Institute for Rheumatic and Autoimmune Diseases (IRAD), three physician volunteers bring valuable insight into the diagnosis, treatment, and development of therapeutics for chronic disorders that are often undiagnosed or misdiagnosed.



Neil Kramer, MD

"These experienced rheumatologists dedicate several hours per month to our program and patients outside of their full-time positions," comments Neil Kramer, MD, co-director of IRAD with Elliot D. Rosenstein, MD.

"There is a long history of physicians in research and the pharmaceutical industry volunteering time to maintain their clinical skills," observes Dr. Rosenstein, who, along with Dr. Kramer, has decades of experience in the diagnosis and treatment of rheumatic and other inflammatory musculoskeletal diseases. "Since 2011, we've provided physicians an opportunity to maintain their clinical acumen and have clinical discourse in exchange for their clinical services. They have knowledge of drugs in development and the science behind them, clinical trial design and registry data — all of which helps keep us on the cutting edge of patient care."

IRAD is the only hospital-based institute of its kind in New Jersey, providing a complete range of treatment options and a clinical research center with access to innovative therapies for rheumatic and autoimmune diseases.



Nikolay Delev, MD

## IRAD PHYSICIAN VOLUNTEERS

"Patients at IRAD have access to an academia-style hospital without going to a major university center," observes Nikolay Delev, MD, a Johns Hopkins-trained rheumatologist who designs clinical trials for rheumatologic medications for

Bristol-Myers Squibb and who has volunteered at IRAD for nine years. "Having the knowledge of a clinician as well as how medications are developed, I can help fine-tune a patient's medication dosage and regimen."

They have knowledge of drugs in development and the science behind them, clinical trial design and registry data — all of which helps keep us on the cutting edge of patient care.

— Elliot Rosenstein, MD



Arathi Setty, MD

"I truly value and enjoy the patient care relationship," says Arathi Setty, MD, a Harvard-trained rheumatologist developing rheumatologic medication as senior medical director at AbbVie, a research-based global biopharmaceutical company. "It

gives me perspective on what the needs are," she adds, reflecting on her five years volunteering at IRAD. "Not all patients benefit from current therapeutics. It is vital that we develop newer and better drugs to address their needs."



Jeffrey Greenberg, MD, MPH

"I've spent 20 years researching drug safety," explains rheumatologist Jeffrey Greenberg, MD, MPH, a nine-year IRAD volunteer who trained at NYU School of Medicine and serves as chief medical officer at CorEvitas LLC, which manages

clinical registries tracking long-term outcomes of patients prescribed therapeutics for autoimmune and inflammatory conditions. "Connecting with patients can be very rewarding. I appreciate the opportunity to do this at IRAD, where the team and infrastructure are so strong." ▲

***Institute for Rheumatic and Autoimmune Disease is located at 33 Overlook Road, Suite L01, Summit, NJ 07901. The physicians can be reached at 908-598-7940. The Institute also has offices in Bridgewater, Clark and West Orange.***

# A STORY OF HOPE — AND THE CARE TEAM THAT DELIVERED IT

**W**hen you love making music as much as Brian S. of Cranford, you can lose track of time when you're strumming on your guitar. But time stood still in May of 2021 when Brian got some sobering news — he had colon cancer.

Born in New Jersey, Brian moved to Nashville in 1999 during the city's "good old days" to pursue a career in music. He worked 10-hour days as a tattoo artist and on his days off, rode his motorcycle and performed evening gigs at some of the city's best honky-tonk hot spots on Broadway or 2nd Avenue. Brian played blues, country, rock and old school songs by American legends Johnny Cash and Hank Williams.

"Music was my life and old Nashville was a cool scene that made dreams come true for a lot of people," says Brian, who has been playing the guitar since he was five years old.

But last year at age 68, Brian's music scene was silenced when he noticed a bulge in his abdomen and blood in his stool. "I shook it off, thinking maybe it was a hernia or hemorrhoids," he says. "I lift weights. I ride motorcycles. I figured I had strained something to cause it." But Brian's doctor thought otherwise and told him to get to the emergency room quickly.

Brian was immediately admitted at Overlook Medical Center where the multidisciplinary care team, led by Irene Rossmer, MD, a surgical oncologist for Atlantic Medical Group, began preparing for his surgery. To ensure the best possible treatment and supportive care for Brian, Dr. Rossmer worked closely with a team of oncology specialists including diagnostic radiologist David Hoffman, MD, and medical oncologist Matthew Stuart, MD, as well as many other health care professionals.

"Because Overlook is part of Atlantic Health System Cancer Care, our exceptional care team is capable of delivering comprehensive and sophisticated care comparable to a major metropolitan cancer center," says Dr. Rossmer.

Brian put his faith — and his life — in the hands of Dr. Rossmer that day. "I operated on Brian in a fairly urgent fashion," says Dr. Rossmer. "He had severe anemia and an impending blockage from the tumor. I had concerns about his recovery given the condition he was in before we started. But Brian has done remarkably well, and I believe the combination of his positive outlook on life and our multidisciplinary approach to care were, in the end, responsible for his success."

## MEET IRENE ROSSMER, MD, SURGICAL ONCOLOGIST | OVERLOOK MEDICAL CENTER



### WHY DID YOU CHOOSE TO BECOME A DOCTOR?

I pursued a career in medicine because I was always interested in the science and biology of human wellness and illness. I became a surgeon, and eventually dedicated my life to caring for patients with cancer, because in no other specialty I've encountered such an endless opportunity for hope and for our ability to change the course

of disease that may previously have been considered incurable. Through personal experience, I know that illness deeply impacts not only the patient but also his or her family, and so it is my lifelong goal to be the kind of physician who delivers care with love, compassion, and empathy toward my patients and their loved ones.



Today, Brian is back to the life he loves — on stage plucking and strumming his guitar and riding his fully custom Harley chopper, built with a 1958 engine.

Dr. Rossmer continues to monitor Brian’s recovery and will for the rest of his life. “Once a patient, always a patient — and a friend,” she says. Brian is grateful for this new friendship — and for so much more.

“Every single person I met at the hospital was incredible. Whatever they did, each person was part of my great experience at Overlook. Everyone I met at the hospital was absolutely amazing,” Brian explained.

Today, Brian is back to the life he loves — on stage plucking and strumming his guitar and riding his fully custom Harley chopper, built with a 1958 engine. Brian’s music still transports him back in time to those glorious years when he was performing in Nashville. And this year, he hopes to finally make the trip to Sun Records in Memphis to record a few tribute songs celebrating his idols — and his health. ▀

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#### **ATLANTIC MEDICAL GROUP**

**Dr. Rossmer and Atlantic Surgical Oncology are part of Atlantic Medical Group, a multispecialty network of health care clinicians. They are located at:**

**140 Central Avenue, Clark and 99 Beauvoir Avenue, 6th Floor, Summit. To schedule: 908-522-6429 or [atlanticmedicalgroup.org/surgical-oncology](https://atlanticmedicalgroup.org/surgical-oncology).**

**Dr. David Hoffman and Atlantic Medical Group Radiology at Overlook can be reached at 908-522-2065.**

**Dr. Matthew Stuart and Atlantic Medical Group Advanced Care Oncology and Hematology can be reached at 973-379-2111.**

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Now Open!



**Taking pediatric hospital care  
to the next level.**

## Hersh Children's Center

Bringing Inpatient Pediatric Care and Pediatric Emergency Care Together

The Hersh Children's Center at Overlook Medical Center, one of only a few of its kind in northern NJ, offers an innovative approach to pediatric care. While pediatric emergency services, staffed by doctors specializing in pediatric medicine 24/7, and inpatient hospital care are separated within the center, their close proximity allows for continuity of care and unmatched quality. With sleeping accommodations for parents, a playroom and family lounge, our team of experienced and compassionate pediatric physicians and caregivers will put your family's needs first.

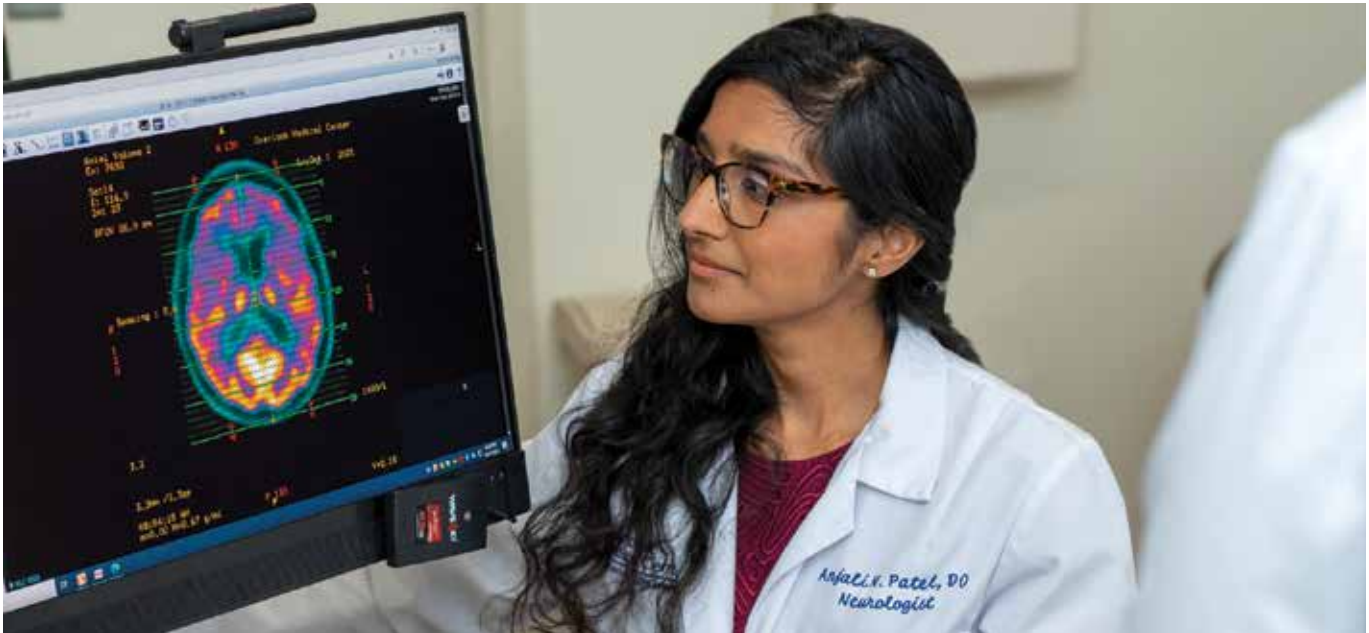
We are seamlessly connected to Goryeb Children's Hospital with access to over 100 pediatric specialists who provide advanced expertise at Goryeb Children's Hospital at Morristown Medical Center and the Hersh Children's Center at Overlook Medical Center.

Visit [atlantichealth.org/overlookkids](http://atlantichealth.org/overlookkids) | 99 Beauvoir Ave, Summit, NJ



**Atlantic  
Health System**  
Overlook Medical Center





## Diagnosing Alzheimer's Disease Precisely Drives Treatment Plans

By Anjali Patel, DO

While dementia — of which Alzheimer's disease is a type — is a broad umbrella term referring to a cognitive decline in memory, language, executive function, visual spatial skills and other capabilities that impact daily life and function, the experts at Atlantic Health System know that all memory loss is not the same.


The accurate diagnosis of a patient's specific type of cognitive decline is critical because it drives development of their unique care plan/strategy and helps families better understand their loved one's condition and what to expect as their disease progresses.

A sound diagnosis begins with a thorough patient history. We work with family members to understand what their loved one's symptoms are, when they started, and how they've changed. We discuss everything from their loved one's mood, behavior, and how they're sleeping to whether they're falling, having tremors, or can care for themselves.

### DIAGNOSTIC EVALUATION

A diagnostic evaluation includes a thorough review of the patient's medical history to ensure that their condition is not being caused by side effects of medication, underlying infections or vitamin deficiencies. The evaluation includes memory tests and a full neurological exam to assess the

status of an individual's cranial nerves, memory, muscle weakness, stiffness, reflexes, sensory function, gait and balance. In addition, imaging studies are obtained to assess brain tissue loss, vascular disease and more — all of which contribute to an accurate diagnosis of Alzheimer's disease and its stage.

At Overlook, our CAT scanner, cutting-edge MRI machine and FDG-PET scanner allow us to examine a patient's brain tissue anatomy with great precision and to differentiate between Alzheimer's disease and other forms of dementia. Within our comprehensive Memory and Cognitive Program, our specially trained team of doctors, nurses, neuropsychologists and neurologists take pride in determining the underlying cause of memory loss and the most effective course of treatment. We hope to provide patients and their families with the utmost in care, guidance, and support throughout their journey. 

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### ATLANTIC MEDICAL GROUP

**Dr. Anjali N. Patel is a fellowship-trained cognitive neurologist at the Memory and Cognitive Program, Atlantic Neuroscience Institute. She is also part of Atlantic Medical Group, a multispecialty network of health care clinicians. She can be reached at 908-522-2829.**

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# STROKES HAPPEN TO YOUNGER ADULTS, TOO: What to Know and Do

By Kristine Cruz  
Arandela, MD



Long considered a disease of the old, strokes are increasingly affecting younger adults. Americans, ages 18 to 55, now account for 10-15% of all stroke patients. Considering nearly 800,000 people a year in the U.S. have a stroke, that's an average of 100,000 adults under age 55.

Better diagnostics explain some of that increase, as does more public awareness about the telltale signs of stroke. One worrisome development, however, is that health problems that increase stroke risk — obesity, high blood pressure, diabetes

and high cholesterol — are becoming more prevalent among younger adults.

As with older adults, getting immediate treatment can make the difference between a complete or strong recovery and the risk of lifelong disabilities, or death. Tremendous advances have been made in stroke treatment, but they are time-sensitive, meaning the stroke must

be quickly identified and the patient treated immediately at a comprehensive stroke center.

Most strokes are ischemic, caused by a blockage in a vessel that supplies blood to the brain. Patients may receive clot-busting drugs called thrombolytics, which help restore blood flow to the damaged area of the brain and can



**“Getting immediate treatment can make the difference between a complete or strong recovery and the risk of lifelong disabilities, or death.”**

**— Kristine Cruz Arandela, MD**



“I cannot emphasize enough how crucial it is to call 911 immediately if you suspect stroke.”

— Kristine Cruz Arandela, MD

## Learn the meaning behind the acronym **BE FAST**:

**KNOW THE SUDDEN SIGNS OF STROKE**

**BE FAST**

**B** Balance Difficulty    **E** Eyesight Changes    **F** Facial Droop    **A** Arm Weakness    **S** Speech Difficulty    **T** Time to Call 911

Time is Brain  
Call 911 when you see the signs.

reverse or improve symptoms, or have the clot endovascularly removed. The other type is a hemorrhagic stroke, in which a blood vessel in or near the brain ruptures or leaks. Patients are administered medications to reduce blood pressure and slow bleeding.

Other symptoms include a severe headache with no known cause; numbness in the face, arm or leg; or sudden confusion.

While younger stroke victims have lower mortality rates, they can suffer profound deficits. That can mean loss

of productivity and diminished physical and mental well-being. Depression and memory loss are considered “downstream complications” of stroke.

### **As with many health issues, prevention is the best medicine:**

- If you smoke, stop. Smokers are three times more likely to have a stroke than nonsmokers.
- Manage high blood pressure, high cholesterol or diabetes.
- Lower your salt intake and avoid processed foods.
- Ask your nutritionist and health care professional about the benefits of a Mediterranean diet.

- Exercise in some form at least 20-30 minutes, three to four times a week.
- Avoid excessive alcohol use, more than one drink per day for females or two drinks per day for males, and drug use. ▲

**If you show symptoms of stroke, call 911. Do not risk your quality of life.**

#### **ATLANTIC MEDICAL GROUP**

**Dr. Arandela and Atlantic Medical Group Neurology Comprehensive Stroke Center are part of Atlantic Medical Group, a multispecialty network of health care clinicians. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). She can be reached at 908-522-5545.**

# Conquering Metastatic Brain Cancer With SURGERY AND CYBERKNIFE®

## **“You are disease-free in the brain.”**

Hearing these words nearly a year after discovering kidney cancer had spread to his brain brought 56-year-old Edward B. to tears. This triumph was his latest victory in a cancer journey that spans more than a decade.

In 2011, Ed discovered he had prostate cancer. Thankfully, it was caught early and, with the removal of his prostate, he returned to his normal life. He went years without any signs of the cancer returning, so when the avid softball player’s hip began bothering him in the summer of 2019, he did not think much of it.

“I thought I might have pulled a muscle or stretched incorrectly, but by the end of the summer softball season, I was on crutches and eventually couldn’t put any weight on my hip at all. I knew I had to get checked out,” says Ed.

He got an ultrasound at an urgent care, saw an orthopedist and had an X-ray done, but everything came back clear. It was not until he got an MRI scan of his hip that doctors detected a mass in his kidney. A CT scan confirmed Ed had kidney cancer that had spread to the ball and socket joint of his hip. Within a few days, Ed had a hip replacement. After that, he began immunotherapy treatment under the care of Charles M. Farber, MD, PhD, a fellowship-trained oncologist, board-certified in medical oncology by the American Board of Internal Medicine, which activated his



Hearing he is disease-free in the brain brought Ed, shown here with his daughter, to tears.

own immune system to attack the cancerous cells in his body — and had his kidney removed in early 2020.

“After I recovered from the surgery, things were good,” Ed recalls. “That summer I was down the shore living life — but one day I lost my balance, fell down and literally couldn’t figure out how to get myself up.”

## **DO NOT DELAY SEEKING CARE**

At the recommendation of Ashley Day, a physician assistant on Dr. Farber’s team, Ed went in right away for an evaluation with his oncology team and had a full-body MRI. The scan detected two sizable masses in his brain. In 48 hours, he was in the operating room with Dr. Farber’s colleague, fellowship-trained neurosurgeon Yaron A. Moshel, MD, PhD, who is co-director of Gerald J. Glasser Brain Tumor Center and board-certified by the American Board of Neurological Surgeons.



An avid sports fan, shown here with his son, Ed is attending Mets Fantasy Camp this fall.

### BEST COURSE OF ACTION TAKEN

"The tumors in Ed's brain were large enough that we needed to remove them as our first order of business," notes Dr. Moshel. "We typically don't remove multiple tumors at once, but sometimes that's the best course of action. Ed's was one of those situations, so we did a 'two for one' brain surgery. In one operation, we completely removed both tumors from different parts of the brain using a minimally invasive technique that reduced potential side effects and recovery time."

"To give Ed the best chance of being disease-free in the brain, we also treated the brain tumor resection margins with CyberKnife®," adds Joana S. Emmolo, MD, a radiation oncologist board-certified by the American Board of Radiology, and director of radiation oncology at the Glasser Brain Tumor Center. "This delivers highly targeted stereotactic radiation that eliminates any remaining

"When I chose to be a bone marrow donor 20 years ago and was selected as a match for a 19-year-old girl I didn't know, I went ahead with the transplant because I truly believe that what comes around, goes around."

— Edward B.

microscopic cancer cells and helps prevent cancer cells from recurring in those problem areas."

To stay proactive in controlling the potential recurrence of the disease in the brain, Ed receives follow-up brain scans every four months. To control the cancer elsewhere in his body, Ed is also on an oral chemotherapy and has PET scans every three months.

### LOOKING FORWARD TO THE FUTURE

Committed to living every day the best he can, Ed is attending Mets Fantasy Camp this fall and is planning a trip to Italy with his family next summer. He also believes everything happens for a reason.

"When I chose to be a bone marrow donor 20 years ago and was selected as a match for a 19-year-old girl I didn't know, I went ahead with the transplant because I truly believe that what comes around, goes around," he says. "I thought if I do this, if my kids or I needed something down the line, someone else would be there to take care of us. The phenomenal team has done that ... and so much more." ▲

**Dr. Yaron Moshel, co-director of Gerald J. Glasser Brain Tumor Center, and Dr. Joana Emmolo can be reached at 973-993-7322.**

### ATLANTIC MEDICAL GROUP

**Dr. Charles Farber is part of Atlantic Medical Group, a multispecialty network of health care clinicians. He can be reached at 973-971-7960.**

# CONVENIENT ACCESS TO ELECTIVE ANGIOPLASTY

**N**ew onset of chest discomfort or breathlessness. Back, neck, shoulder or jaw pain. Nausea or vomiting. Dizziness or weakness. These are some of the symptoms of coronary artery disease — a condition in which cholesterol-containing plaque builds up in artery walls and blocks the flow of oxygen-rich blood to your heart. They may also be early warning signs of a heart attack.

“Even if you feel relatively healthy, don’t ignore these symptoms,” warns interventional cardiologist David N. Bartov, MD, FACC, medical director of Overlook’s Cardiac Catheterization Laboratory. “Your health care provider may order a stress test, which will help determine whether you may be a candidate for cardiac catheterization and, if needed, coronary angioplasty and stenting.”

## WHAT IS CARDIAC CATHETERIZATION AND ANGIOPLASTY?

During a cardiac catheterization, the “gold standard” for diagnosing coronary artery disease, a small, straw-size sheath is inserted into a blood vessel (usually the radial or femoral artery). A long, thin, hollow tube called a catheter is inserted through the sheath and threaded through major blood vessels to the heart. By injecting a contrast dye into the catheter, cardiologists can detect narrowed or blocked arteries via fluoroscopy.



Last year, Overlook’s Cath Lab (imaged above) performed nearly 1,000 cardiac catheterizations and 415 coronary stent procedures.

If a blockage is found, a tiny balloon can be delivered through the sheath, which when inflated pushes the plaque up against the wall of the artery to restore blood flow. A wire mesh coil, called a stent, is mounted on the balloon and acts as scaffolding to keep the artery open. This minimally invasive procedure, called angioplasty, can relieve a blockage within minutes after it’s discovered.

## AN EXPERIENCED TEAM CLOSE TO HOME

Overlook’s Cardiac Catheterization Lab has been performing elective angioplasties since 2006 as part of its participation in the nationwide C-PORT-E clinical



“We were proud to help pave the way for this pioneering legislation, which brings improved access to advanced cardiac care to more New Jersey residents throughout the state’s community hospitals.”

— David Bartov, MD

trial. Based upon the study’s conclusion that cath labs like Overlook’s could safely offer the minimally invasive procedure without on-site surgical backup, Gov. Phil Murphy signed legislation last year allowing qualifying hospitals to perform nonemergency angioplasty.

“We were proud to help pave the way for this pioneering legislation, which brings improved access to advanced cardiac care to more New Jersey residents throughout the state’s community hospitals,” observes Dr. Bartov.

Last year alone, Overlook’s tight-knit team of interventional cardiologists, experienced nurses and cardiovascular technologists performed nearly 1,000 cardiac

catheterizations and 415 coronary stent procedures. “Like many Overlook staff members, we’ve been working together for a long time,” points out Carrie Redick, RN, MSN, NEA-BC, director of interventional cardiology, Atlantic Health System. “Our friendly, family-like atmosphere makes patients feel extra comfortable here.” ▲

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**ATLANTIC MEDICAL GROUP**

**Dr. David Bartov, medical director of Overlook’s Cardiac Catheterization Lab, is part of Atlantic Medical Group, a multispecialty network of health care clinicians. He can be reached at 908-464-4200.**

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# What Is a Urogynecologist and When Do You Need One?



Laura Dhariwal, MD

When you have a heart problem, it's common to talk with your friends and family members about your health and your worries. But talking about more personal health conditions, such as urinary incontinence or pelvic pain, is not as easy, even though the symptoms can significantly affect your quality of life.

These conditions require special care from a urogynecologist, a specialist who treats women who have issues related to the pelvic floor. Urogynecologists perform a four-year residency in obstetrics and gynecology, and then complete three years of fellowship training in female pelvic medicine and reconstructive surgery. This makes them experts in helping women find answers to troubling problems.

"When you have a urogynecologic condition, you can feel very isolated," says Laura Dhariwal, MD, a specialist in female pelvic medicine and reconstructive surgery for Atlantic Urogynecology Associates in Summit, with additional offices in Morristown, Rockaway and Bridgewater. "I remind women they're not alone, and it gives them a sense of relief to know what they're experiencing isn't rare."





## WHAT TYPES OF CONDITIONS DO UROGYNECOLOGISTS TREAT?

Dr. Dhariwal estimates that nearly 50% of all women over age 50 have some sort of urogynecologic issue. Symptoms may include urinary leakage, pelvic pressure or vaginal bulge, pain with intercourse or painful urination.

### CONDITIONS UROGYNECOLOGISTS TREAT INCLUDE:

- **Stress urinary incontinence – urine leakage due to physical activity such as laughing, coughing, wheezing, running or lifting**
- **Urge urinary incontinence – the inability to hold urine long enough to reach the restroom**
- **Overactive bladder – a sudden urge to urinate that’s hard to defer, sometimes associated with frequent urination or waking up at night to urinate**
- **Pelvic organ prolapse – the drooping of pelvic organs: bladder, uterus and cervix, vagina, and rectum**
- **Pelvic pain**
- **Recurring urinary tract infections**

## HOW DO UROGYNECOLOGISTS TREAT PELVIC FLOOR DISORDERS?

Urogynecologists provide both conservative and surgical treatments for pelvic floor conditions. Some nonsurgical treatments can include Botox injections to treat urinary incontinence and interstitial cystitis, and urethral bulking, which uses collagen injections to treat stress urinary incontinence.

Some surgical treatments include sling surgery for stress urinary incontinence, robotic or vaginal prolapse surgery for pelvic organ prolapse, and other procedures for more rare conditions such as urethral diverticulum or fistulas.

Urogynecologists at Atlantic Health System routinely perform minimally invasive surgery, often using da Vinci robotic surgery system. Robotic surgery leads to less blood loss and pain, shorter hospital stays, less risk of infection, and a faster return to daily activities, as compared to open procedures. “Most patients go home the same day or the next day following surgery,” Dr. Dhariwal says. Atlantic Health System’s urogynecology program is one of the most experienced in the nation for sacrocolpopexy, a type of pelvic organ prolapse surgery.

## HOW DO I FIND A HIGHLY TRAINED UROGYNECOLOGIST?

Women who experience any symptoms of pelvic floor issues should talk with their primary care provider and ask whether a referral to a urogynecologist is right for them.

All four of the urogynecology providers at Atlantic Health System are board-certified OB/GYNs, and are board-certified or board-eligible in female pelvic medicine and reconstructive surgery. “We care for only women, and our training and background gives us a unique perspective on managing these conditions,” Dr. Dhariwal says.

Many people who see urogynecologists are glad they overcame the embarrassment and found answers for conditions that may have lasted for quite some time. “Patients say they’re so thankful they found me because they had no idea my specialty existed and that they could get private, personal care,” Dr. Dhariwal says. ▲

“Many people who see urogynecologists are glad they overcame the embarrassment and found answers for conditions that may have lasted for quite some time.”

— Laura Dhariwal, MD

### ATLANTIC MEDICAL GROUP

Dr. Dhariwal and Atlantic Urogynecology Associates are part of Atlantic Medical Group, a multidisciplinary network of health care clinicians. For more information, visit [atlanticmedicalgroup.org](http://atlanticmedicalgroup.org). Dr. Dhariwal can be reached at 908-522-7335.

# Gestational Diabetes 101:

## What Moms-to-Be Need to Know

A woman's pregnancy journey is filled with countless unexpected surprises. Unfortunately, not all of them are welcome. Learning you have gestational diabetes — a rise in blood sugar levels that occurs only during pregnancy — is one surprise that fills many moms with concerns for their own health and the health of their baby.

The good news: You can get through it without causing harm to you or your newborn. And you can have a whole team of experts by your side to help you at every step. Atlantic Maternal-Fetal Medicine offers a Diabetes in Pregnancy Program designed specifically to support moms dealing with the ups and downs of gestational diabetes.

"We develop very close relationships with our patients," says Kay Anderson, RN, a certified diabetes care and education specialist and practice clinical supervisor of the program. "Patients are often quite concerned when they call us. But we let them know it's only a speed bump. We can help them get back on track and make sure they have a happy, healthy baby."

### HOW IS GESTATIONAL DIABETES DIAGNOSED?

Gestational diabetes is determined with a blood sugar test. It most often occurs between weeks 26 and 28 of pregnancy. If your maternal-fetal medicine specialist, OB/GYN provider or midwife suspects gestational diabetes, they may refer you into the Diabetes in Pregnancy Program. "We work with all area OB/GYNs and midwifery practices," Anderson says.

### WHAT ARE THE HEALTH RISKS OF GESTATIONAL DIABETES?

The biggest risks of high blood sugar during pregnancy are those to the unborn baby. Uncontrolled gestational diabetes increases the risk for stillbirth and fetal macrosomia, a condition where the infant can grow too large to fit through the birth canal. Gestational diabetes also increases the baby's risk for feeding, breathing, body temperature or blood sugar problems after birth, and it boosts a mom's risk of preeclampsia or developing diabetes later in life.

The key to limiting the potential effects of gestational diabetes is tight blood sugar control. Providers aim to keep fasting blood sugar levels below 95 mg/dl, and to keep blood sugar below 120 mg/dl two hours after a meal. Doing so means adjusting your diet and checking your blood sugar regularly.

"The key to limiting the potential effects of gestational diabetes is tight blood sugar control. That does not mean moms have to starve themselves. It also does not mean they cannot eat their favorite food."

– Kay Anderson, RN, certified diabetes care and education specialist and practice clinical supervisor of the Diabetes in Pregnancy Program

## HOW DOES THE DIABETES IN PREGNANCY PROGRAM HELP MOMS AND BABIES?

When moms turn to the Diabetes in Pregnancy Program, they first meet with a registered dietitian who will review their diet and make recommendations on how to keep their blood sugar in check. That does not mean moms have to starve themselves. It also does not mean they cannot eat their favorite food.

“If a mom says her family looks forward to pizza night, we find ways to integrate that into their diabetes-friendly diet,” Anderson says. “For example, it might be OK to have one slice and a salad, and then let the family eat the rest of the pizza. Tweaks like that allow moms to keep their diabetes in control while still enjoying family traditions built around food.”

Moms in the program will also regularly meet with one of our certified diabetes care and education specialists. They teach moms how to check their blood sugar and, when required, how to inject insulin, the medication most often prescribed to treat gestational diabetes. All moms will talk with a diabetes care and education specialist every week throughout their pregnancy to review blood sugar levels. They also will receive ultrasounds to check on the baby’s health. “Our dedicated team will go to any length to help our moms,” Anderson says.

Patients with any Bluetooth-enabled blood sugar meter can upload their blood sugar logs securely to [DIPP@atlanticealth.org](mailto:DIPP@atlanticealth.org) or MyChart, which keeps the Diabetes in Pregnancy Program team informed and allows them to adjust a mom’s regimen as needed.

The best news of all: In most cases, gestational diabetes goes away once a mom gives birth. ▲

***Atlantic Maternal-Fetal Medicine has locations in Rockaway, Newton, Pompton Plains, Summit and Morristown. The Diabetes in Pregnancy Program offers expert care that’s close to many New Jersey communities. The program accommodates both in-person and virtual visits. Call 1-855-633-4732 to schedule an appointment.***





**NOW OPEN**

## Overlook Medical Center Marks Completion of Hersh Children's Center

State-of-the-art facility brings together pediatric inpatient and emergency care under one roof

Overlook Medical Center recently marked the completion of the Hersh Children's Center, a newly built facility that centralizes the hospital's pediatric emergency and inpatient services in one convenient, family-friendly space.

"We are honored to at last be able to provide our young patients and their families with the highest quality of care in a space designed specifically for them," says Stephanie Schwartz, president of Overlook Medical Center. "This state-of-the-art facility gives us a home for the future of pediatric care at Overlook — one that truly complements the experienced care team and advanced technology that serve our patients at Overlook."

The new nearly 12,000-square-foot center brings together the Meri and Sol Barer Inpatient Pediatric Center (formerly housed on Overlook's sixth floor) and the Michael Gordon Reeves Pediatric Emergency Department for better coordinated care of patients, ages 0-21.

"This combined and innovative approach to pediatric care is one of only a few of its kind in the northern NJ region," says Walter Rosenfeld, MD, chair of pediatrics for Overlook

Medical Center and medical director of children's health for Atlantic Health System. "By bringing emergency and inpatient pediatric services together, we can dramatically reduce the time between an emergency department visit to an inpatient room for children requiring hospitalization. It will also improve continuity of care by having clinical teams dedicated to patients from the moment they enter, through every stage of their experience."

When it comes to childhood emergencies, the new pediatric emergency department is fully equipped to handle the full range of pediatric conditions, with streamlined care to ease stress on the family. The emergency department is staffed 24/7 by doctors specializing in pediatric medicine.

For patients who require a stay, the new inpatient unit offers comforting special touches like sleep accommodations for parents, family lounges and a play area with skylights and plentiful windows.

The Hersh Children's Center is seamlessly connected to Goryeb Children's Hospital, with access to over 100 pediatric specialists who provide advanced expertise, both at Overlook and throughout Atlantic Health System.



**IN ADDITION, THE NEW CENTER INCLUDES THE FOLLOWING:**

- Nine all-private inpatient rooms, including two isolation rooms and Liam's Room for patients with serious chronic conditions or life-limiting illnesses
- Eight all-private emergency department rooms staffed by pediatric emergency physicians, pediatric subspecialists and pediatric nurses
- One flexible room for emergency department patients or inpatients
- In-room accommodations for parents to stay the night with their children
- Numerous structural and design elements to enhance safety, comfort and security for patients and families

The Hersh Children's Center is funded, in part, by a \$2 million grant from the Dorothy B. Hersh Foundation. Established in 1979 to fulfill the wishes of the late Dorothy B. Hersh, the Hersh Foundation provides grants for capital expenditures benefiting the needs of hundreds of thousands of children throughout the state of New Jersey. "The children's center is a project near and dear to our hearts," comments Harriet Donnelly, Hersh Foundation administrator. "We have been thrilled to partner with Overlook on a project that will raise the standard of pediatric emergency and inpatient care in our area."

A \$2.5 million pledge from the Nicholas J. and Anna K. Bouras Foundation funded the relocation of the Michael Gordon Reeves Pediatric Emergency Department, as well as new adult waiting and triage areas.

The Hersh Children's Center is the latest phase of a plan to transform the hospital, which includes new structures,

redesigned spaces and additional upgrades. Prior to the children's center, Overlook opened its new employee parking garage, as well as its new Bouras Emergency Department entrance.

In the midst of the pandemic, hospital construction officials implemented another innovation — re-engineering ventilation systems, giving the facility the ability to utilize outdoor air for full circulation throughout the Hersh Children's Center and Bouras Emergency Department.

These and additional phases of the enhancement plan are funded through generous donations to the Overlook Foundation, a nonprofit organization that supports the hospital. ◀

***The Hersh Children's Center at Overlook Medical Center is located at 99 Beauvoir Avenue, Summit, NJ 07901. Visit [atlantichealth.org/overlookkids](http://atlantichealth.org/overlookkids) for more information.***

## Love Those Lentils

“Whether you are vegetarian, vegan, live a plant-based lifestyle, or simply enjoy ‘Meatless Monday,’ lentils are delicious, versatile, and packed with nutrients,” says Gale Reed, RDN, IFNCP. Try them in everything from soups and stews to salads, dips and burgers.

Looking to pack more of what’s good for you into your diet? Lentils are plant-protein superstars. Do not be fooled by their small size. Lentils are high in protein, fiber, and complex carbohydrates, while low in fat and calories. They are also rich in key minerals and nutrients, including potassium, folate and iron. Just half a cup of cooked lentils provides 32% of your daily value of gut-healthy dietary fiber (high fiber intake is associated with lower cholesterol

levels and protection against cancer and diabetes), 18% daily value of bone- and muscle-building protein, and 45% daily value of heart- and brain-healthy folate (based on a 2,000-calorie diet).

Lentils are easy to find — there are more than 50 varieties — easy to store, and easy to incorporate into recipes. The most commonly found lentils are large green lentils and split red lentils. Whole lentils tend to work better in salads or in other dishes where texture is desired. Split lentils have had their seed coat removed, so they cook much faster than whole lentils and are excellent for use in curries, soups and purees. So go ahead — ladle on the lentils. ▲

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



### SPICY RED LENTIL SOUP

#### INGREDIENTS

- 2 tablespoons avocado or organic canola oil
- 1 cup chopped onion
- 2 minced garlic cloves
- 1 tablespoon minced fresh ginger
- 2 tablespoons tomato paste
- 1 tablespoon garam masala
- 1 teaspoon turmeric
- 4 cups vegetable broth
- 1 cup red lentils (rinsed and picked over)
- pinch of red pepper flakes

#### PREPARATION

1. Brown onion in oil.
2. Add garlic and ginger. Sauté for 1 to 2 minutes, until fragrant.
3. Add tomato paste, garam masala, turmeric, and red pepper, and sauté for 1 minute.
4. Add the vegetable broth and lentils. Bring to a boil. Simmer, covered, for 30 minutes.



**ABOVE: Dorothy B. Hersh**  
**LEFT: Chip and Harriet Donnelly, with their son, Sean, of the Dorothy B. Hersh Foundation**

## Dorothy B. Hersh Foundation Builds on Legacy of Helping Children

**W**hen the Hersh Children's Center opened to patients in January, the pediatric team at Overlook Medical Center could not have been more delighted with their new home.

This all-new space was designed with youngsters in mind, featuring an aquatic theme that flows through the inpatient and emergency rooms, waiting areas and family lounges, and Imaginarium play area. Warmed by soothing colors and sophisticated design elements, the center consolidates pediatric emergency and inpatient services in a child-friendly environment meant to ease the stress of our young patients and their families.

Surely Dorothy B. Hersh, for whom the center is named, would be proud to see the fruits of her philanthropy. Born and raised in Elizabeth, NJ, Dorothy never married and had no children, but was always interested in helping those in need. The Dorothy B. Hersh Foundation was founded shortly after her death in 1979 to support the health and well-being of children, initially in the Elizabeth area and ultimately throughout the state.

Today, the foundation awards grants to qualifying organizations to support capital expenditure programs and projects, including building improvements, specialized transportation vehicles and equipment, and other physical property needs . . . all with an eye toward improving the lives of our communities' children.

Part of Overlook's plans to create the hospital of the future, the Hersh Children's Center is funded, in part, by a \$2 million grant from the Dorothy B. Hersh Foundation. Former Summit residents Robert (Chip) and Harriet Donnelly, who oversee the foundation's philanthropic work, were particularly excited about the impact the center will have here and in the surrounding area.

"When the foundation was established more than 40 years ago, we were funding small, very focused grants to assist underprivileged, handicapped, and special needs children," explains Chip, who serves as the foundation's director and president. "But as our funds grew over the years, we reached a point at which we could consider large-scale projects intended for a broader audience."

"Dorothy never would have imagined all the good that was to come from her thoughtful generosity," adds Harriet, foundation administrator. "She was ahead of her time, serving as the only woman director on the United Counties Trust Company board back in the day. Yet her driving force was her desire to help children, pure and simple. Future generations will benefit greatly from her foresight now and in the many years to come." ▲

**For more information, visit [overlookfoundation.org](http://overlookfoundation.org) or call 908-522-2840.**

# community calendar

## Community Health for Spring 2022

Welcome to your Overlook Medical Center Community Calendar.

Many of our classes will be held virtually.

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   Breath Work Basics   Mindfulness Meditation   Guided Meditation 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.
Tuesdays, April 26, June 14, September 13 and November 29, 10:00am (currently meeting through Zoom)	<b>PARENTING THROUGH CANCER</b> Educational program on <i>Talking to Children about Difficult Topics</i> . Presented by a Licensed Social Worker, this program will help parents who have cancer talk to their children about their diagnosis, prognosis, and treatment with an opportunity for discussion as well.	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><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><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.
Saturday, May 21, 2022, 9:00am-11:30am (virtual event)	<p><b>9TH ANNUAL DAY OF HOPE: LIVING WELL WITH PARKINSON'S DISEASE</b></p> <p>This event is for patients, care partners and community members to come together and learn about new research and to receive inspiration and information on helpful resources, including wellness and support program demonstrations.</p>	To register, visit <a href="http://atlantichealth.org/dayofhope2022">atlantichealth.org/dayofhope2022</a> .

## 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	<p><b>DIDACTIC BEHAVIORAL OUTPATIENT THERAPY</b></p> <p>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.</p>	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)	<p><b>MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM</b></p> <p>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.</p>	For more information, call 1-888-247-1400.
Tuesdays, 10:30-11:30am	<p><b>POSTPARTUM DEPRESSION GROUP</b></p> <p>New mothers meet and learn coping and relaxation skills to help them with their new role.</p>	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@atlanticealth.org">janet.lemonnier@atlanticealth.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@atlanticealth.org">MMCstrokesupport@atlanticealth.org</a> .

## WEIGHT LOSS

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

### Northern NJ Safe Kids/Safe Communities Car Seat Inspection Stations

Visit [preventionworks-nj.org](http://preventionworks-nj.org) for locations and dates.



**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](http://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



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