

Well Aware

Season Shape Up

Take a Day for Your Heart

Warming Up in the Cold

The Vaccine You Should
Know About



ATLANTIC HEALTH
THE PASSION TO LEAD



from the CEO

Dear Friend,

It's well known that prevention is one of the best ways to maintain your good health. Education plays an important role in determining the right preventive health measures for you and your family. Atlantic Health has developed health education programs for all ages to ensure you have the right information. February is American Heart Month, so it's a particularly good time to think about heart disease prevention, above all.

To further enhance preventive health for the community, Atlantic Health recently designated each of its facilities as smoke-free environments. This step not only protects the health of our employees, but it also supports healthy living for everyone who visits our campus or buildings.

Read on for more information about keeping healthy this winter.

Sincerely,

Joseph A. Trunfio
President and CEO
ATLANTIC HEALTH

Take a Tour

WHETHER YOU ARE about to undergo an elective procedure or want to find the right environment in which to have your baby, Morristown Memorial and Overlook hospitals invite you to tour our facilities. By taking a tour of our comprehensive departments, including visiting the leading-edge maternity facilities, the state-of-the-art Gagnon Cardiovascular Institute, Atlantic Neuroscience Institute and Carol G. Simon Cancer Center, you can learn more and meet some of the nurses and staff who may care for you.



Call 973-971-4080 to visit Morristown Memorial Hospital or 908-522-2720 to schedule a tour at Overlook Hospital.

We Want Your FEEDBACK!

Tell us how *Well Aware* is helping you make better health care decisions, and you will be eligible to win a \$100 Target gift card.

Along with your name, address and phone number, indicate which article made you want to share it with a friend or loved one or prompted you to further research a topic to find the best care for your needs. Email us at well.aware@atlantichalth.org or write to:

Atlantic Health, Attn: *Well Aware*
PO Box 1905
Morristown, NJ 07962

Must be 18 years or older to enter. Atlantic Health employees and their immediate families are not eligible for the drawing. Send your topic ideas in with your comments, and you may see them in a future issue of *Well Aware*. (Atlantic Health reserves the right to publish all correspondence, in part or whole.)

Congratulations to Mark Goldstein and Diana Lambrecht, who sent last issue's winning letters. Mark thoughtfully noted that breast cancer affects both genders, and reminded all of us of the importance of making men aware of the condition, and Diana helps to remind the younger generation about prevention.



Last issue's breast cancer article, *Coming to Terms With Breast Cancer*, garnered quite the response. Here are excerpts from two letters. As our winning letter writer, Mark from Randolph, reminds us, women are not the only people who can suffer from breast cancer. Mark himself is a survivor who has participated in 188 in Susan G. Komen Race for the Cure events, and he highlights the importance of men being aware of their risks. Here are thoughts from two of our readers.

"Recognizing that, statistically, breast cancer is a woman's disease, nonetheless, it is just as tragic for a man to die from breast cancer as for a woman.

"The fact that breast cancer is no respecter of gender should appear in every article on breast cancer. Men are loath to admit to any disease, let alone one that is linked only to women. On the very occasion when I have witnessed this omission, I have brought it to the attention of your magazine and been subdued by the faint promise that something will be (eventually) published. Maybe it has been and if so, thank you."

Mark



And this came to our mailbox from Diana Lambrecht from Millbury:
"Thanks ever so much for your comprehensive and simple article Coming to Terms With Breast Cancer. The most important piece of information that I received was 'the baseline' [mammogram] importance to the overall process. Thanks again for a great opportunity to learn. We are having a bridal shower, and we decided to share this article at the shower."

With regards,
Diana

Community as a Classroom

Heart disease affects the entire community. Our mission is to improve the health status of the communities we serve. With that goal, Atlantic Health developed educational programs to ensure it serves you as more than a hospital—but as your community resource for comprehensive heart education.

HEART DISEASE IS a familiar term to most Americans—after all, it's the number one cause of death in the United States, according to the American Heart Association.

Prevention begins with education, which is why Morristown Memorial and Overlook hospitals are committed to getting the word out to the community about heart disease.

A Lesson in Health

February is American Heart Month, and each year, Morristown Memorial and Overlook hospitals host Cardiovascular Health Fairs designed to raise families' awareness of their heart health. This year's events are scheduled for February 7 at Overlook Hospital and February 14 at Morristown Memorial.

Posters and displays help adults visualize cardiac conditions and the methods of treating them, while a puppet show captivates the littlest fair-goers and encourages them to begin a lifetime of good habits by eating healthy foods. Adults can receive essential screenings to determine their heart health, and cardiovascular experts will be available to answer your questions.

Says Susan Sauchelli, RN, CNOR, member of the cardiac operating room staff for Morristown Memorial, "When you're able to teach people about heart disease in an anxiety-free atmosphere, they're more likely to ask questions and absorb the answers."

Bringing Education for the Ages to You

It's never too early to learn about heart disease, especially for women.

"We are working with the Girl Scouts to create a national badge for cardiovascular education," says Joyce Passen, RN, BSN, manager of community health for Overlook Hospital. "The badge will have

a red dress emblem to symbolize heart disease awareness, and a local troop even presented a heart disease program to area women."

High school students at participating schools can be part of *Live From the Cardiac Classroom*, which allows them to view an open heart procedure and speak with cardiac surgeons, and educators go into schools to emphasize the dangers of smoking.

Additionally, Home Is Where the Heart Is brings heart education into women's homes and community gathering spaces. This multigenerational approach is proving successful, as women who otherwise would not have been aware of their risk of heart disease have received screenings that have detected areas of concern.

In January, Gagnon Cardiovascular Institute will introduce yet another program aimed at prevention. Preventive Program for Cardiac Integrative Medicine is designed to empower patients to make healthy changes to their minds, bodies and spirits, as a healthy lifestyle requires all three areas for success.

"When patients are educated, they become partners with their physicians.

Patients who are empowered can have a positive impact both on their own families and community by

helping to make those around them more aware as well."

—Barry M. Cohen, MD, interventional cardiologist and medical director for the cardiac catheterization lab for Gagnon Cardiovascular Institute at Morristown Memorial Hospital and author of *Coronary Artery Disease: A Guide to Diagnosis and Treatment*, a self-help book for patients and their families



For more information or to register for screenings held at the Cardiovascular Health Fair at Morristown Memorial or Overlook hospitals, call 866-934-3480, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm.

Cardiovascular disease is a broad term that encompasses a variety of conditions affecting the heart and blood vessels, including:

- coronary heart disease
- heart failure
- high blood pressure
- stroke

Spending a Day as a Doctor

When it comes to getting young people interested in the medical field, nothing beats firsthand experience.

LOCAL HIGH SCHOOL students have the opportunity to participate in Shadow Day, a quarterly event in which they visit an Atlantic Health facility to hear speakers and tour different departments. The program—which generally draws more than 200 students per year—exposes participants to many medical disciplines, including the chance to experience life in the department that cares for the hospital’s youngest patients.

“The Neonatal Intensive Care Unit [NICU] Student Mentoring Program grew out of the interest that students showed during Shadow Day,” says Ben H. Lee, MD, neonatologist for MidAtlantic Neonatology Associates and Morristown Memorial Hospital. “My goals for students are to give them some exposure to the field of medicine, encourage them to think critically, and mentor them in the next steps of their educational

journey and hopefully help them to learn more about medicine and themselves, not just necessarily to make them doctors.”

Practical Experience

Participants in the NICU Student Mentoring Program visit Morristown Memorial at least once a week during the program. Their activities include going on patient rounds with Dr. Lee, interacting with other physicians and hospital staff and learning how to conduct clinical research.

“It was extremely interesting to go on rounds with Dr. Lee and watch the process of evaluating patients who can’t voice their complaints,” says Kathryn Milner, Shadow Day participant who attended West Morris Mendham High School. “The urgency in the NICU was unlike any that I had witnessed throughout my shadow experience.”

And for the shadow students, the experience is one that will serve them well for a lifetime.

“I feel that the program gave me good insight into the health care field,” says Alex Valentino, Shadow Day participant who attended Ridge High School. “I think it moved me a step closer in making my decision to pursue medical school.”

Voices of the Students

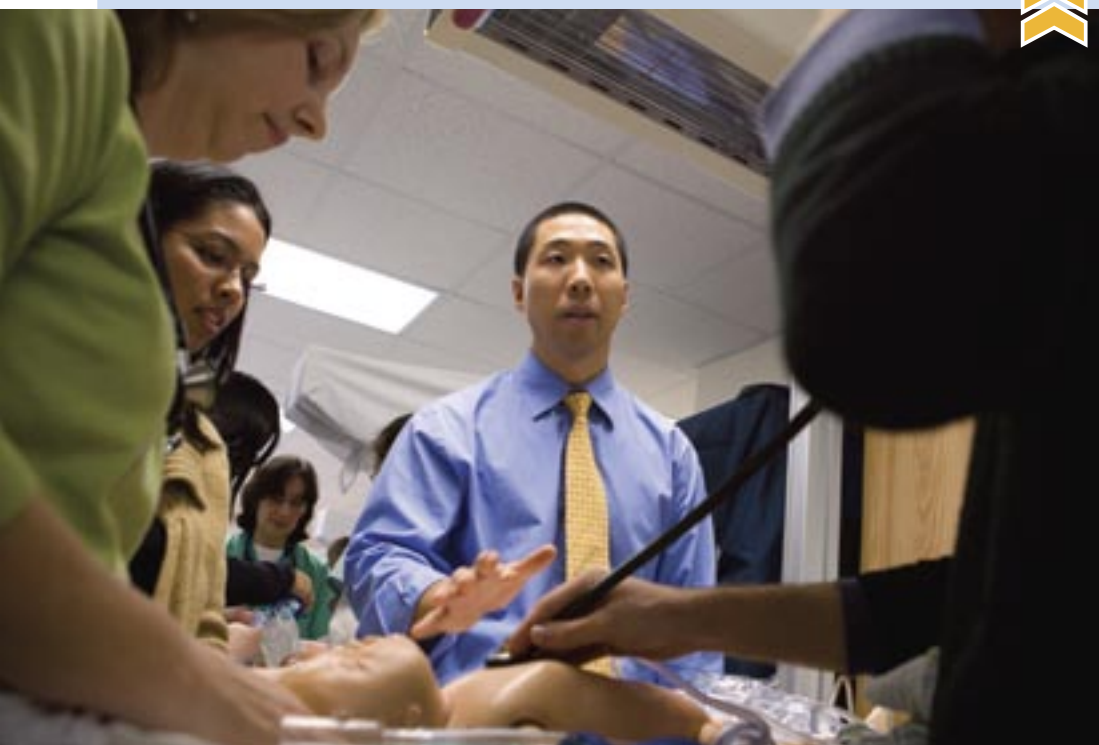
“The program taught me valuable things about the methodology in which studies are conducted. This will help me greatly if I decide to do individual research in college.”

—Ashwin Rathnam, Shadow Day participant who attended Bridgewater-Raritan High School

“Through this program, I have seen and learned things I never thought possible at the high school level. This opportunity reassured me that I can handle the tasks that come with a career in medicine.”

—Rose A. Hackenberg, Shadow Day participant who attended Cranford High School

“I am fortunate to have had key mentors throughout my life, from high school to college to medical school and beyond. Knowing first hand the value of such relationships and experiences, I am honored to serve in this role for the next generation of health care professionals.” —Ben H. Lee, MD, neonatologist for MidAtlantic Neonatology Associates and Morristown Memorial Hospital



Atlantic Health’s Shadow Day program is offered four times per year to Essex, Morris and Union county students. The next available sessions are February 9 and April 27.

“The response of students is amazing,” says Diane Schneider, RN, coordinator of the professional development program for Atlantic Health. “This is a true experience in different departments; I didn’t do some of the things in nursing school that these students get to experience.”

Speak to your guidance counselor if you are interested in participating in Shadow Day at Morristown Memorial Hospital. For more information about the NICU Shadow program, call 866-934-3716.

Help on the Road to Recovery

Recovering after a major illness or injury takes the strength of modern medicine and the care of loved ones—42-year-old John Seville of Fredon is proof family is the best medicine.



NO ONE UNDERSTANDS the importance of family better than Sparta police officer John Seville. On March 30, 2008, John became seriously ill. He was airlifted to Morristown Memorial Hospital where he was given a life-threatening diagnosis—aortic dissection.

Surgeons at Gagnon Cardiovascular Institute performed emergency surgery that successfully saved John's life. However, because of the loss of blood and oxygen to his organs, John lost mobility on the left side of his body, and he was unconscious. Several days later, his wife, Connie, 32, went into labor.

"It was very bittersweet," Connie says. "I had to deal with each moment as it came, and there was nothing I could do. I knew our new son could help John recover."

Hope From Family

Levi Seville was born on April 3. Morristown Memorial nurses

collaborated to allow Connie to visit John with their newborn child. John, who had remained unconscious, opened his eyes upon hearing he had a new son.

"I don't remember my time in the hospital," John says, "but everyone says it was incredibly uplifting and emotional to see my reaction to Levi. My hospital room was filled with hope, and that gave me the strength I needed to survive."

That hope helped John make steady progress, and he returned home just before Father's Day. Today, John attends rehabilitation therapy daily to build his strength, and he has even regained mobility on the left side of his body.

"I'm not sure if I would have made it if it had not been for Connie and my kids," says John. "Connie has helped me every step of the way, and the desire to hold my sons again kept me working toward healing."

The Seville family (pictured above) says John's recovery would not have been possible without the support, love and help from friends, family, fellow police officers and even strangers.

"I had people preparing my meals and caring for my sons," Connie says. "One morning I found police officers moving my lawn, pressure washing my house and cleaning my gutters. They even take John to physical therapy."

John adds, "Church congregations sent us prayer cards. Caring gestures like that mean the world when you're in my position. I can't thank everyone enough."



For a referral to a cardiologist at Gagnon Cardiovascular Institute, call 866-934-4149, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlanticealth.org.



Bridging Two Worlds of Medicine

Have you ever tried acupuncture to ease muscle pain or used yoga to achieve greater flexibility and balance? If so, you've practiced integrative medicine.

ONCE RELATIVELY UNKNOWN to Western medicine, integrative medicine is now practiced regularly, with more and more people combining these practices with traditional types of treatment.

A Holistic Approach to Health

"Emotional, spiritual and physical treatments often intersect," says Nancy Cotter, MD, medical director of the division of integrative medicine for Atlantic Health. "These three elements are intertwined, so integrative medicine helps to heal the whole person, not just the disease."

This year, Atlantic Integrative Medicine's Mind Body Center celebrated 15 years of wellness-oriented care. The Center works with several departments—including

oncology, cardiology and pediatrics—to offer more than 30 different healing treatments.

Becoming Part of the Medical Culture

Integrative medicine at Atlantic Health has greatly progressed in 15 years—it has its own division within internal medicine, as well as a review council that makes recommendations about integrative medicine that can become hospital policy. Most practitioners are dually accredited in a health care field as well as in integrative medicine.

"Our practitioners walk in two worlds, bridging the gap between the two schools of thought," says Dr. Cotter. "The more we make contact with people, the more we can show them there are alternative methods of addressing their health concerns."

Calm Birth® Equals Calmer Parents

Pregnancy, labor and delivery can be stressful experiences, but a new integrative technique can help couples—especially mummies-to-be—remain relaxed before the big arrival.

Calm Birth uses meditation and neuromuscular release to help women throughout pregnancy, labor and birth. Women are taught to breathe from the abdomen in order to relax and better work with their bodies during labor.

"It's recommended that parents come to Atlantic Health's Calm Birth classes as early in the pregnancy as possible," says Amy Gole, certified registered nurse, EdM, manager for parent education for Atlantic Health. "Meditation can benefit prospective mothers throughout pregnancy, leading to increased energy and decreased blood pressure and anxiety, as well as enhanced immune system function."



For more information or to register for a complementary and alternative medicine program, call 866-934-3488.

Managing Pain With Integrative Medicine

If you suffer from chronic pain, you may find relief through integrative medicine.

When combined with standard treatments, integrative medicine can be beneficial to many patients, particularly those who suffer from conditions such as chronic nerve pain. However, physicians rarely recommend integrative medicine as the sole treatment for a condition. To alleviate pain, a physician may recommend traditional physical therapy, as well as acupuncture.

"Increasingly, patients are seeking less invasive, more holistic treatment options," says Gerard Malanga, MD, director of pain management for Overlook Hospital's Pain Center. "However, it's important for patients to use a variety of treatments so they're not dependent on any one thing, be it traditional or integrative medicine."



Protect Yourself Against Frost and Strain

After a few days of running on the treadmill, you are probably ready for a change of scenery. The great outdoors offers plenty of recreation during the winter—you just have to prepare for the cold.

THE FIRST TIP for exercising outdoors is the same no matter the time of year. Check with your physician to determine if exercising in the elements is an option for you. Winter air can trigger asthma attacks or even chest pain, so ensure you are healthy before heading outside.

Pay attention to the weather. While exercising outdoors is fine in most weather conditions, extremely cold temperatures, precipitation and icy wind chills can signal it's best to stay indoors.

Prepare Your Body

No matter the weather, following a good exercise routine, including warming up, stretching and cooling down, is key.

"Stretching should be done before any exercise, but it is crucial before cold-weather activity," says Stephen Hunt, MD, orthopedic surgeon for Morristown Memorial Hospital. "Cold muscles are more likely to get hurt. Do some form of light activity to get your heart racing and your body warmed up, followed by some stretching and then the activity of your choice."

After your activity, ease your body back into its normal routine with a brief cool-down period.

"Cool-downs should last about 10 minutes and consist of a slow, less intense version of the activity you just completed," says Matthew P. France, MD, orthopedic surgeon for Atlantic Sports Health. "After finishing, head indoors for a five-minute stretch of all your major muscle groups."



It's All in the Clothes

Staying warm while exercising outdoors in the winter can be as simple as choosing the right clothing, but how can you know what the *right* clothing is?

Go for "3"—Choose a thin inner layer of material to pull moisture away from the skin, followed by a warm and insulated middle layer. For the top layer, select a wind- and waterproof shell.

Skip the cotton—Choose wool and treated polyesters, such as polar fleece, instead of cotton, which feels cold when wet. Many national clothing companies make inner layer clothing with polypropylene woven into the fabric. This compound, as well as polyester and silk, is designed to pull sweat from the body while drying quickly. The combination enables a person to remain warm while exercising outdoors in winter.

Don't forget extremities—Remember to cover your head, hands, feet and eyes.

When the elements turn treacherous, even the toughest athletes head indoors. The New York Jets' new facility, the Atlantic Health Jets Training Center, provides an indoor fieldhouse, enabling the team to continue training even when conditions are too cold and wet outdoors.



For a referral to an Atlantic Health orthopedist, call 866-934-3490, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlantichhealth.org.

MORRISTOWN MEMORIAL HOSPITAL CALENDAR OF EVENTS

December 11 through February 22, 2008

To register for any of the following programs or events or to obtain a referral to an Atlantic Health physician, call the Atlantic Health Call Center at 1-800-247-9580, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit us at atlanticealth.org. If another phone number is provided for a program, please use that number listed. If a fee is not provided within the listing, the program is free of charge. | Registration is required for most programs.



HEALTH AND WELLNESS

Cardiovascular Health Fair

Join us for this informative event. Learn about the latest in diagnosis and treatment of heart disease, presented by the top experts in the field of cardiovascular medicine. The morning includes a heart-healthy breakfast, free cholesterol screenings to the first 100 to register and a full display of exhibits and prizes. Carotid artery and additional cholesterol screenings are available, 10:30 am to 1:00 pm, for a fee of \$10.

Saturday, February 14, 8:30 am to 1:00 pm

Morristown Memorial Hospital, Malcolm Forbes Amphitheater

Options in Knee Replacement

Learn about new technology that utilizes custom implants.

Wednesday, January 14 (alternate date due to inclement weather, January 21), 7:00 to 8:00 pm

95 Madison Avenue, Suite B-06

Presenters: Brian Aurori, MD, and Kevin Aurori, MD

Living With Early Stage Dementia

Learn to cope with daily challenges and connect with community resources.

Thursday, January 15 (alternate date due to inclement weather, January 22), 2:00 to 4:00 pm

Morristown Memorial Hospital, Auditorium A

Demystifying Plastic Surgery

Learn about the newest trends in plastic surgery of the face and body, including surgical and nonsurgical options.

Tuesday, January 20 (alternate date due to inclement weather, January 27), 7:00 to 8:00 pm

95 Madison Avenue, Suite B-06

Presenter: Farhad Rafizadeh, MD

Is It Really Heartburn?

Learn how to recognize, prevent and treat heartburn or acid reflux disease.

Tuesday, February 10 (alternate date due to inclement weather, February 17), 7:00 to 8:00 pm

Rockaway Township Public Library

61 Mount Hope Road, Rockaway

Quit Smoking Once and For All

A smoking cessation specialist is available to help you with an

WEIGHT LOSS

Multidisciplinary Medical and Surgical Approaches to Weight Loss

Explore your weight-loss options.

Tuesdays, January 13 and February 10, 7:15 to 8:15 pm

Metabolic Medicine and Weight Control Center

95 Madison Avenue, Suite 304

To register, call 800-247-9580

Eating Adjustment After Weight-Loss Surgery

Learn to adjust to your new relationship with food.

Every Monday, 10:00 to 11:00 am

Metabolic Medicine and Weight Control Center

95 Madison Avenue, Suite 304

To register, call 973-971-7166

Weight-Loss Surgery Support Group I

This is for patients who have had gastric bypass surgery less than a year ago.

Tuesdays, December 16 and January 20

Third Tuesday of every month, 6:00 to 7:00 pm

Metabolic Medicine and Weight Control Center

95 Madison Avenue, Suite 304

To register, call 973-971-7166

Weight-Loss Surgery Support Group II

This is for patients who have had bariatric surgery more than a year ago.

Tuesdays, December 16 and January 20

Third Tuesday of every month, 7:00 to 8:00 pm

Metabolic Medicine and Weight Control Center

95 Madison Avenue, Suite 304

To register, call 973-971-7166

Gastric Band Surgery Support Group

This is for patients who have had laparoscopic gastric band surgery.

Tuesdays, January 13 and February 10

Second Tuesday of every month, 6:00 to 7:00 pm

Metabolic Medicine and Weight Control Center

95 Madison Avenue, Suite 304

To register, call 973-971-7166

Alliance Center for Weight Management

DIABETES WELLNESS

Insulin Basics Education

Appointments are available:

Monday through Friday, 8:00 am to 4:00 pm

Morristown Memorial Hospital, Anderson Building B, Adult Diabetes Center

Medical Nutritional Counseling

Appointments are available:

Monday through Friday, 8:00 am to 4:00 pm

Morristown Memorial Hospital, Anderson Building B, Adult Diabetes Center

Gestational Diabetes Education Classes

Thursdays, 9:00 to 11:00 am

Morristown Memorial Hospital, Anderson Building B, Adult Diabetes Center

Diabetes Type 2 Education Class

Tuesdays and Wednesdays, 1:00 to 4:00 pm and 5:00 to 8:00 pm

Morristown Memorial Hospital, Anderson Building B, Adult Diabetes Center

Diabetes Type 2 Support Group

Thursday, January 13, 7:00 to 8:00 pm

Morristown Memorial Hospital, Anderson Building B, Adult Diabetes Center

Diabetes Type 1 Pump Support Group

Thursday, February 5, 7:00 to 8:00 pm

Morristown Memorial Hospital, Department of Medicine Conference Room, First Floor

To register for the above diabetes programs, call 973-971-5524.

CANCER CARE &

SUPPORT AND EDUCATION

Caregivers

individualized plan.

Tuesday, January 13, 7:00 to 9:00 pm

95 Madison Avenue, Suite B-06

Presenter: Rachael Lendner, MPH, CHES

Fee: \$10



CHILDREN AND PARENTING

Children and Parenting programs are held at Morristown Memorial Hospital. To register for the classes listed below, or for more information regarding dates and times, please call 973-971-5027 or visit the Parent Education page of the Atlantic Health website.

- 1, 2, 3, 4 Parents
- ABCs of Going Home With Your Baby
- Breastfeeding Your Baby
- Mornings at Morristown for New Moms and Babies
- Nutrition for Infants and Toddlers



SUPPORT GROUPS

Osteoporosis

Thursdays, December 18, January 15 and February 19, 10:30 to Noon
Madison YMCA, 111 Kings Road

Mended Hearts Chapter 56

Led by top cardiac physicians and allied health professionals for heart disease patients or caregivers.
Sundays, December 14, January 25 and February 22, 1:00 to 2:30 pm

Morristown Memorial Hospital, Auditorium B
Presenters: December—William S. Neate, MBA, Director of Cardiovascular Services, Gagnon Cardiovascular Institute; January—Daniel Schwartz, MD, Interventional Cardiologist, Gagnon Cardiovascular Institute; February—Emilie Rowan, LCSW, Coordinator, Cardiac Integrative Medicine, Gagnon Cardiovascular Institute

Fibromyalgia

Wednesdays, January 7 and February 4, 6:30 to 8:30 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Room 222
To register, call 973-971-4837

Orientation about various weight loss programs offered.

Tuesdays in January, 6:30 to 8:00 pm

Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue,

Morristown

Presenter: Kim Gately, RD

To register, call 973-971-4555

Hypnosis for Weight Reduction

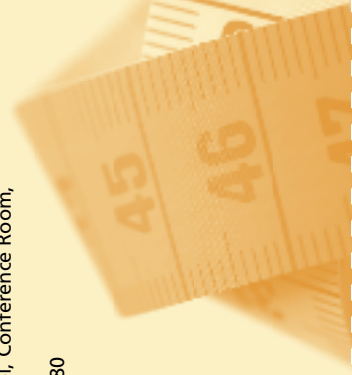
Reduce your weight through group hypnosis and proven behavior modification techniques.

Tuesdays, January 20 and February 10, 7:00 to 9:00 pm

95 Madison Avenue, B level, Conference Room,

Fee: \$70

To register, call 800-247-9580



SCREENINGS

Blood Pressure

Fridays, December 12, January 9 and February 13, Noon to 3:00 pm
Succasunna Shop Rite, 281-031 Route 10 and Commerce Boulevard, Succasunna

Fridays, January 2 and February 6, Noon to 3:00 pm

Parsippany Shop Rite, 808 Route 46 West, Parsippany
Monday, December 15, 9:00 to 11:00 am

Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge

Cholesterol Screening

Wednesdays, February 11, 9:00 to 11:30 am
Madison YMCA, 111 Kings Road

Fee: \$10

Bone Density

A noninvasive ultrasound of the forearm for women and men over 35 may indicate a risk of osteoporosis.

Thursday, December 18, 9:00 to 11:00 am

Madison YMCA, 111 Kings Road

Wednesday, January 14, 9:00 to 11:00 am

Somerset Hills YMCA, 140 Mt. Airy Road, Basking Ridge
Fee: \$10

Look in the DermaView

See if you have permanent sun damage on your face and learn how to protect your family from the sun in the future.

Wednesday, January 7, 9:00 to 11:00 am

Madison YMCA, 100 Kings Road

Tuesday, January 13, 9:00 to 11:00 am

Morris Center YMCA, 79 Horsehill Road, Cedar Knolls

A support group for those caring for an individual who has been diagnosed with cancer.

Fridays, December 19, January 2, 16 and February 6, 10:00 am to Noon

Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd Floor Conference Room

To register, call 973-971-6299

Look Good, Feel Better

Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.

Monday, January 12, 6:30 to 8:30 pm

Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd Floor Conference Room

Registration is required, call 800-ACS-2345

Cancer and Sexuality

This workshop will cover the delicate issues of sexuality with those who have been diagnosed with cancer.

Wednesday, January 21, 6:00 pm

Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd Floor Conference Room

Presenter: Regina Kaplan, MD

Lung Cancer

Wednesday, January 21, 2:00 to 3:30 pm

Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd Floor Conference Room

To register, call 973-971-7971

Fighting Prostate Cancer With Robotics

Learn about the da Vinci® Prostatectomy and see if you may be a candidate for this procedure.

Tuesday, January 20, 7:00 to 8:00 pm

Morristown Memorial Hospital, Carol G. Simon Cancer Center, Peter B. Doherty Men's Cancer Center

To register, call 877-666-1112

For information on other support groups for cancer patients and their families, call 973-971-6514.

CANCER CARE THROUGH INTEGRATIVE MEDICINE

Meditation

Every Monday and Tuesday of the month

First Floor, Meditation Room

Oigong/Tai Chi

Mondays, 6:00 to 7:00 pm

First Floor, Mind/Body Conference Room

Gentle Yoga

Wednesdays, 11:00 am to 12:15 pm

First Floor, Mind/Body Conference Room

Restorative Yoga

Thursdays, 1:00 to 2:15 pm

First Floor, Mind/Body Conference Room

Cancer Care Through Integrative Medicine classes are all held at Morristown Memorial Hospital, Carol G. Simon Cancer Center. For more information, call 973-971-6514.

Make Your Life Smoke Free

You have tried to quit smoking for years, but have failed as stressful situations always get in the way. With many public places banning smoking, now is a great time to say good-bye to cigarettes forever.

BY JANUARY 2009, both Morristown Memorial and Overlook hospitals will be smoke-free facilities. Employees, patients and people visiting each hospital will be prohibited from smoking on hospital grounds, including parking lots.

“By joining the ranks of more than 1,000 hospitals nationwide who have implemented smoke-free policies, we are helping support healthy environments for our community,” says Jan Schwarz-Miller, MD, director for occupational medicine for Atlantic Health. Dr. Schwarz-Miller is responsible for the health and wellness of more than 9,000 Atlantic Health employees.

Calm the Cravings

Dropping cigarettes is difficult, but it may be especially hard if someone you love is sick. During emotional times,

nicotine cravings can be overwhelming, and many who are trying to quit smoking may find this time to be too stressful to attempt cessation. For some people, a plan to quit smoking may be better implemented once the loved one has returned home.

For smokers determined to improve their health while helping someone else heal from a health issue or severe injury, alternatives to cigarettes can help you relax when you are visiting someone in the hospital.

“Try nicotine replacements if you are going to be in a smoke-free place for a long period of time,” Dr. Schwarz-Miller says. “By using nicotine patches or other forms of nicotine replacement, you will be able to concentrate on your loved one instead of worrying about smoking.”

Additionally, set a plan and stick to it. Avoid activities and triggers you associate with smoking such as drinking coffee and tea, talking on the telephone or being around other smokers. If you feel a craving, try to focus on the person you’re caring for in the hospital to take your mind off of the nicotine. If that fails, try brushing your teeth, showering or going for a short drive.



For a referral to an Atlantic Health physician or for information about our smoking cessation classes, call 866-934-3497, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlantichhealth.org.

Kick the Habit

There are a variety of methods commonly used to stop smoking. Here are some of the most popular options and how they work:

- **Cold turkey:** Smokers who use this method quit abruptly and entirely.
- **Behavioral therapy:** This strategy includes individual therapy, support groups and sometimes hypnosis. A professional will work with the smoker to adjust his behavior and eliminate the need for nicotine. Smoking cessation classes are available through Morristown Memorial and Overlook hospitals.
- **Nicotine replacement:** A variety of products fall under this category, including gum, lozenges, inhalers and patches, that gradually reduce dependence on nicotine.
- **Medication and counseling groups:** In addition to nicotine replacement, two prescription medications are proven to assist in smoking cessation. A combination of replacements or one of these medications and counseling groups are the most effective way to quit.





PARENTS: Face Your Fear of Autism

According to the U.S. Centers for Disease Control and Prevention, approximately one out of every 150 children in the United States is diagnosed with an autism spectrum disorder. Where do you go if you suspect your child is one of them?

AUTISM IS A neurological disease for which the major symptom is a behavior disorder. Autism is usually discovered when language is delayed and a child has problems relating to others or forming relationships.

“Autism is a spectrum disorder,” says Harvey Bennett, MD, director of child neurology and developmental medicine for the Goryeb Children’s Hospital at Morristown Memorial and Overlook hospitals. “Some children

are on the milder end, while others are in the middle or on the more severe side of

the spectrum. However, in most cases the cause of autism remains unknown.”

Early Intervention Is Key

Early recognition of autism is important, particularly for the child’s communication skills.

“Goryeb Children’s Hospital provides multiple services and professionals to help families who have a child diagnosed with autism,” Dr. Bennett says. “We have pediatric neurologists—who can help with the diagnosis and evaluation of the medical symptoms of autism—and a child development center, which offers assessments, social work, and psychological and education evaluations. They also can give parents resources for autism within the community.”

Never Give Up

When Melissa Greenberg and her husband, Barry, finally heard the news that at age 3 ½ Allie, their now 6-year-old daughter, was autistic, they were not completely surprised.

“Over time, I saw signs of autism within Allie,” Ms. Greenberg says. “She would speak in one- or two-word phrases and her eye contact was not consistent.”

Since then, the Greenbergs have worked closely with Harvey Bennett, MD, director of child neurology and developmental medicine for Goryeb Children’s Hospital, to help Allie access the most appropriate services within the community.

LOOKING TOWARD THE FUTURE

Since her diagnosis, Allie has changed a lot. Her eye contact has improved and she has even made her first true friend. In the fall, the Greenbergs plan to send Allie for continued social skills training and adaptive aquatics and are excited about the future.

For parents of children with autism, Ms. Greenberg gives this advice.

“With everything out there for autism, it can be overwhelming,” Greenberg says. “The important thing to remember is that you cannot do every diet and every treatment. You have to pick what is comfortable for you and your child.”



For a referral to an Atlantic Health pediatric neurologist, call 866-934-3503, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlanticealth.org.

Making Beautiful Music

With the soothing sounds of Music in the Atrium, the Carol G. Simon Cancer Center at Morristown Memorial Hospital is alive with music.

THE SWEET MELODIES permeating the hallways of the Center are just a facet of the Jeffrey Frank Wacks Music Therapy Program. Wacks lost his battle with non-Hodgkin's lymphoma in 1996 at the age of 27. His family began raising money in their late son's name, and the music therapy program was born, giving the gift of harmony to the Center's cancer patients and their families.

"Our musical performances, such as Music in the Atrium or the twice-monthly Strolling Harp, serve to promote a general healing environment," says Leah Oswanski, MA, MT-BC, coordinator of music therapy for the Carol G. Simon Cancer Center at Morristown Memorial. "However, our clinical music therapy services go beyond the creation of an environment and offer patients personalized options designed to help them thrive during cancer treatments."

Bob Egan, musical entertainer, performed on a recent Wednesday morning. Egan is the primary musician for the Carol G. Simon Cancer Center's Music in the Atrium and has worked with the facility for about eight years. He can be found creating lovely music in the Center's lobby about three times per month.

Healing Through Harmony

A typical music therapy session begins through consulting with a music therapist. The therapist takes into account a patient's individual needs and goals to create a personalized program. A music therapy treatment plan can include everything from live music to Vibroacoustic therapy, in which low-frequency sound is felt through vibrations. Other treatments may include chanting, drumming or toning.

"We can use myriad avenues to provide patients with clinical music therapy services," Oswanski says. "Many patients are shocked to see the wide variety of treatments offered, but most are very pleased with the results. Having music therapy available contributes to the holistic healing environment we hope to create here at Carol G. Simon Cancer Center."



For a referral to an Atlantic Health oncologist or to gain additional information about our cancer support groups, call 866-934-4155, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlantichealth.org.

Music Therapy Is Hitting All the Right Notes

Music therapy goes beyond simply turning up your MP3 player and jogging to your favorite album after a rough day of work, and it offers a variety of surprising healing benefits.

Music therapy can improve many conditions in patients of all ages. Research has shown that patients with both physical and emotional needs can benefit greatly from a treatment plan devised by a music therapist, including:

- alleviating pain
- enhancing memory
- expressing emotions
- improving circulation
- managing stress
- promoting physical rehabilitation
- promoting wellness



The Cervical Cancer Vaccine: Why, When and at What Age?

The abundance of ads touting the human papillomavirus (HPV) vaccine has brought cervical cancer to the forefront. One of the most important decisions facing parents and their pre-teen and teenage daughters as a result of the vaccine is when young women should be vaccinated to protect them against cervical cancer.

WHILE IT IS now widely acknowledged that vaccination is an effective weapon in the fight against cervical cancer, debate still lingers over when women should be vaccinated.

A Question of Age

For females ages 12 to 21, developing cervical cancer itself is a minor worry, as the disease usually sets in during a woman's later years. Non-sexually active women don't even need to begin Pap smear screenings until they're 21. However, during the teenage years, it's important to educate girls about the dangers of cervical cancer and the importance of regular tests so they are prepared for the future.

As women enter their 20s, they become more likely to develop cervical cancer, though most cases tend to occur during middle age. Of more immediate concern to young, sexually active women are precursors—such as abnormal Pap smears—that might signal a problem years later. These warning signs are why experts recommend yearly Pap screenings to all adult women.

The Earlier, the Better

Almost all cervical cancer is caused by HPV, but the development of the HPV vaccine means that many women will not have to suffer from the disease. While the vaccine is not 100 percent effective for all patients, it drastically reduces the rates of cervical abnormalities.

"It is wonderful to have a vaccine that can potentially prevent this type of cancer in women," says Walter Rosenfeld, MD, adolescent medicine physician for Morristown Memorial Hospital, and chairman of pediatrics for Goryeb Children's Hospital. "It's not a perfect tool, but it's a tremendous benefit for young women."

What's the bottom line? It's up to parents and their daughters to decide when to be vaccinated, but research suggests that early vaccination could yield positive results.

"The reality is that at some point, most young women will become sexually active," Dr. Rosenfeld says. "Receiving the vaccination early on is a way to ensure they are protected."

By the Numbers

- About **11,070** cases of invasive cervical cancer will be diagnosed in the United States in 2008.
- Approximately **3,870** women will die from cervical cancer in the United States in 2008.
- The cervical cancer death rate declines by almost **four percent** annually.
- Most cervical cancer cases occur in women between the ages of **20 and 50**.
- The overall **five-year survival rate**—the percentage of patients who live at least five years after being diagnosed with cervical cancer—is **72 percent**.

A Pap test screens for cellular changes to the cervix, which may indicate cancer or infections. Current recommendations state that all women over age 21 receive an annual Pap test, as well as young females under 21 if they have been sexually active for three years.



Additional resources for teens can be found online at TeenHealthFX.com, an exciting interactive health education website for teenagers. For a referral to an Atlantic Health oncologist or to gain additional information about our cancer support groups, call 866-934-4157, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlantichealth.org

Heart-Healthy Food Can Make Winter Warm

Gagnon Cardiovascular Institute is leading the way in the research and treatment of cardiac disease. The first layer of protection against heart problems is prevention. This recipe from the *Gagnon Recipe Book* is good for your heart and is sure to warm the body during a cold winter.

Pasta E Fagioli

Quick, hearty, healthy and really delicious, this dish is an Italian favorite.

- 1 13-14 oz. can lower sodium chicken broth
- 5-6 chopped sun-dried tomatoes (optional)
- 1 cup chopped celery, including leaves
- 1-2 cloves garlic, crushed
- 1 15-19 oz. can undrained cannellini beans
- $\frac{3}{4}$ cup canned crushed tomatoes
- $\frac{1}{2}$ cup cooked macaroni (reserve 1 cup of cooking liquid)
- $\frac{1}{8}$ teaspoon red pepper flakes (optional or to taste)
- 2 tablespoons chopped parsley

In a medium saucepan, bring broth, sun-dried tomatoes, celery and garlic to a simmer and cook until celery is crisp yet tender (about 7 minutes). While the broth is simmering, remove about $\frac{1}{4}$ of the beans from the can and smash/crush them (to thicken the sauce). Add all the beans, tomatoes, pasta and (optional) red pepper flakes, bring to a simmer and cook for 5 minutes. If dish is too thick, add small amounts of the cooking liquid, water or tomatoes. Add parsley just before serving.

Makes 4 servings.

Dietary information (per serving): Calories 193; Fat 1g; Saturated Fat 0g; Protein 12g; Carbohydrates 34g; Fiber 6g

With the opening of the new facility in Morristown in January, the Gagnon Cardiovascular Institute will offer a new program that is designed to identify and help those at high risk for heart disease. For

more information about the Institute's Preventive Program for Cardiac Integrative Medicine, call 973-971-6301.

For more heart-healthy recipes, visit atlanticealth.org.



Supplement Your Knowledge

The body requires a balance of nutrients and vitamins to remain healthy, feel good and maintain high energy levels. However, many of us miss some important dietary needs, and vitamins are there to pick up where we leave off.

THIRTEEN VITAMINS ARE considered essential to bodily function, and many of these vitamins work together to promote overall wellness. Riboflavin (B2), for example, works with the other B vitamins (B6 and B12) and aids in the production of red blood cells. Vitamin D helps the body efficiently absorb calcium, which is necessary for strong, healthy bones.

"Everyone can benefit from vitamins. I recommend vitamins for all patients, starting with pediatrics and going all the way to elderly patients," says Paulo Pinho, MD, pediatrician and internal medicine physician for Overlook Hospital. "Adults taking a daily multivitamin will experience increased energy, attentiveness and an overall more efficient running of the human body."

If you're only going to take a few key vitamins, Nancy Cotter, MD, medical director of the division of integrative medicine for Atlantic Health, recommends magnesium and common supplements. "Many people are deficient in magnesium, which works synergistically with many other chemicals and is also an essential mineral for nutrition."

Vitamins come in two categories—fat-soluble and water-soluble. Fat-soluble vitamins stay reserved in the body's fatty tissue, and water-soluble vitamins are immediately used by the body.



For a referral to an Atlantic Health physician or to inquire about our Health and Wellness programs, call 866-934-3712, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlanticealth.org.

Beat the Winter Blues

Do short winter days and cold nights leave you down in the dumps? It could be more than a change in the seasons.

WE ALL HAVE bad days from time to time. You know, the kind when nothing seems to go right and you just want to go back to bed. But if your bad days seem to be stacking up against one another—especially during the shorter, darker days of winter—it may be a sign of something more. You could be experiencing seasonal affective disorder (SAD).

“SAD is a period of depression associated with changes in ambient light,” says Peter Bolo, MD, chairman of the department of psychiatry for Overlook Hospital. “It’s a type of depression except that it occurs seasonally—usually during the fall and winter—when light diminishes.”

Clues to the Blues

Aside from seasonal ties, signs and symptoms of SAD are similar to many other forms of depression. Some of these may include:

- difficulty concentrating
- fatigue
- feelings of worthlessness, guilt and despair
- increased need for sleep
- moodiness

“One difference between SAD and other forms of depression is that SAD often leads to overeating and weight gain while depression usually leads to weight loss,” says Thomas Zaubler, MD, MPH, chairman and medical director of the department of psychiatry and behavioral health for Morristown Memorial Hospital. “SAD is also more prevalent in women than men—of the five percent of the population affected by SAD, between 60 and 90 percent are women.”

Solving SAD

The good news is many treatment options can help. Because SAD seems to be linked to light deficiency, regular exposure to full-spectrum, bright light can be beneficial. Physicians generally recommend spending 30 minutes every morning under a 10,000-lux light in a place where you can actually look at the light to get the most benefit.

The Keys to Light Therapy

Light therapy is most effective when you have a balance of intensity, duration and timing.

- **Intensity.** The intensity of a light box is measured in lux, which is the amount of light you receive at a specific distance from a light source. Most physicians recommend using a 10,000-lux light for phototherapy.
- **Duration.** Physicians generally recommend roughly 30 minutes to one hour of phototherapy per day.
- **Timing.** Light therapy is most effective in the morning. Doing it at night may interfere with your sleep.

Other treatment options may include taking vitamin D supplements, getting outside as much as possible during daylight hours, taking antidepressants during the winter months and undergoing psychotherapy.

“Winter is a time to celebrate and experience family togetherness,” Dr. Zaubler says. “SAD is a relatively common and very treatable problem, so if you notice any of these symptoms, ask your physician what can be done to help.”



For more information about Behavioral Health programs at Atlantic Health, call 866-934-3714, Monday through Thursday, 8:30 am to 8:00 pm and Friday, 8:30 am to 4:30 pm, or visit us online at atlantichealth.org.

ATLANTIC HEALTH SYSTEM
475 SOUTH STREET
MORRISTOWN, NJ 07960-6459

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Nonprofit
Organization
US Postage PAID
Lynchburg, VA
Permit No. 830



**Fixing hearts. Transforming lives.
Making history.**







Gagnon Cardiovascular Institute. The largest cardiovascular program in the state.

The Gagnon Cardiovascular Institute at Morristown Memorial Hospital and Overlook Hospital performs more heart surgeries than any other New Jersey hospital. With outcomes among the best in the country. Our cardiac and vascular specialists are nationally recognized. We're also a leader in cardiovascular disease and research. We are true pioneers in bringing our patients the latest, most advanced cardiac and vascular technology and treatments. More people trust their hearts to us. And you should, too. For a referral to a cardiac or vascular specialist, call **866-413-9457**. For more information or to sign up for a free, personalized e-newsletter visit atlantichealth.org.



ATLANTIC HEALTH

THE PASSION TO LEAD

-  **Morristown Memorial Hospital**
-  **Overlook Hospital**
-  **Atlantic Neuroscience Institute**
-  **Atlantic Rehabilitation Institute**
-  **Carol G. Simon Cancer Center**
-  **Goryeb Children's Hospital**