

# Well Aware

## Season Shape Up

Take a Day  
for Your Heart

Warming Up in the Cold

“The Beauty”  
of Stroke Awareness



Overlook  
Hospital

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



# The Beauty of Prevention

Health awareness starts from the ground up, and sometimes the most effective way to reach people and inform them about a deadly disease is to carry the message to them. What's a great way to spread the word about stroke awareness to women? Hold screenings in a hair salon.

**THE QUESTION AT** Overlook Hospital became: How do we reach out to people, particularly black women, to make them aware of the dangers of stroke and what to do if one occurs?

"When I put myself in patients' shoes, I thought I would like nurses to come to me in a setting I'm familiar with," says Jacqueline Campbell, data coordinator for Overlook's Atlantic Neuroscience Center and creator of the salon program. "Hair salons are full of working women who care about their families. Traditionally, this is one of the places

where women bond. What better venue to educate them about stroke awareness?"

One Sunday in June, the stroke program coordinator from Overlook Hospital went to Syndee's Place in Irvington to perform screenings for salon patrons.

"My mother had a couple of strokes, and I also wanted to be informed about the disease, as did many of my clients and family members," says Cynthia McCrae, owner of Syndee's Place. "When I was asked if I would be willing to host screenings in my salon, I thought it was a great idea."

◀*The beauty of health: Salon owner Cynthia McCrae partnered with Overlook Hospital to provide health screenings at her salon, Syndee's Place. More than 30 women received the screenings, which helped determine risk of stroke, and plans are underway for future events. Left to right: Cynthia McCrae, Nicole McCrae, Cynthia Hannah, Angela McCall-Brown, seated, and Jacqueline Campbell.*

## Style and a Screening

Once the word spread, many women came to the salon specifically for the screenings. Overall, approximately 30 women had their blood pressure tested and received literature and counseling about the symptoms and risk factors of stroke. A stroke survivor also was present to recount her experience with the disease.

"The presentation really opened my eyes," says Cynthia Hannah, a salon patron who received a screening. "Everyone listened intently, as if their lives depended on it, particularly when the survivor spoke. It was a very worthwhile experience."

Five women who received screenings had elevated blood pressure, so for them, the screening was doubly important.

"We touched their lives," says Angela McCall-Brown, RN, MSN, stroke program coordinator for Overlook's Atlantic Neuroscience Institute. "Educating the community is our goal, and we think this initiative is very important."

The screenings at Syndee's Place were so successful, Overlook is developing plans to expand the program in the future, with two other salons already expressing interest. In addition, several women inquired about holding screenings at family reunions, which would be an opportunity to spread the message of stroke awareness to a multigenerational audience.

"The program has been very successful," Campbell says. "We feel really proud and honored to be able to make even a small difference in the community."



*For more information about stroke screenings in your community or to become a participant, call 866-934-4163.*

## Sobering Stroke Statistics

Knowledge of the dangers of stroke is particularly important, and for women of color, it's downright vital.

Stroke is the third leading cause of death among African-Americans, and black women have a higher risk for stroke than white women. One in three African-Americans suffers from high blood pressure, the primary risk factor for stroke, and more cases of diabetes and obesity occur among blacks than other ethnicities, further increasing the risk for stroke.



## Know the Warning Signs of Stroke

With stroke, the key word is "sudden." If you suddenly experience any of the following symptoms, take action immediately and call 911.

- difficulty seeing in one or both eyes
- dizziness or loss of balance
- numbness on one side of the body
- severe headache
- trouble speaking or understanding others
- weakness on one side of the body

"Don't take chances when it comes to stroke," says Shalini Bansil, MD, board-certified neurologist and medical director of the Stroke Center for Overlook Hospital. "If something doesn't feel right and you notice any of these symptoms, go immediately to a certified stroke center."

## Banking on Good Health

**Hair salons aren't the only places in the community where stroke screenings are taking place these days. Local businesses, including banks, now have the opportunity to sponsor and host screenings as well.**

Through the Adopt-a-Screening Program, local businesses can cover the cost of a stroke screening, keeping those they serve healthy and spreading a message of caring for the community.

"Through the Program, we're able to reach out to new people who may not come to screenings at churches or other venues," says Lorie McDonald, director of corporate and foundation relations for the Overlook Hospital Foundation. "Hopefully, this will elevate the health of everyone."

Through a donation of \$2,500, a business can cover the entire cost of a screening, including testing supplies, educational materials, the salary of the nurse and health educator present at the screening and the promotional and marketing materials for the event. So far, screenings have taken place only in banks, but Overlook is working to bring other businesses on board as well.

## CLOSING THE LOOP

At the screenings, nurses check patients' blood pressure, blood sugar and heart rhythm, as well as help people identify stroke risk factors in their lives. If a patient is identified as requiring immediate care, nurses work to "close the loop," meaning they strive to ensure the patient sees a doctor and receives appropriate follow-up care.

"We normally have a full house for these events," McDonald says. "They're very successful because they serve an important need."



# 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](http://atlantichhealth.org).*

## OVERLOOK 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 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 online at [atlantichealth.org](http://atlantichealth.org). If an alternate 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

**Take Your Health to Heart: Overlook Hospital's 19th Annual Cardiac Health Fair**  
Join us for this informative event and learn the latest techniques in diagnosis and treatment of heart disease. The morning includes a heart-healthy breakfast, two breakout sections (presented by the top experts in the field of cardiovascular medicine) and a full display of exhibits and prizes. The first 50 registrants on Saturday will be eligible to receive a free cardiac screening the following morning, 9:00 am to Noon.  
**Saturday, February 7, 7:30 am to Noon**  
Overlook Hospital, Wallace Auditorium



*Inquire about the Women's Heart Program and its innovative Home Is Where the Heart is personalized party option. For more information, call 866-887-8780.*

**Taking Steps to Control Diabetes**  
For schedule and registration, call 908-522-5277

**Literature and Medicine: A Community Dialogue**  
A "book club" focusing on contemporary and classic literature and film that will stimulate discussion regarding wellness, illness, aging, caregiving medical decision making and end-of-life issues.  
**Thursdays, January 15, February 19, March 19 and April 16,**  
6:00 to 8:00 pm

**Hypnosis for Weight Loss**  
**Thursday, January 22, Wednesday, February 11, 7:00 to 9:00 pm**  
Overlook Hospital, Conference Room 4  
Fee: \$70

**Quit Smoking, Once and for All**  
A specialist will help develop a quitting plan that will work for you.  
**Tuesday, February 3, 7:00 to 9:00 pm**  
Overlook Hospital, Conference Room 4  
Fee: \$10

**Hypnosis for Smoking Cessation**  
**Tuesday, February 24, 7:00 to 9:00 pm**  
Overlook Hospital, Conference Room 4  
Fee: \$70

**Pain Management Seminar**  
Learn the various methods of controlling and managing pain.  
**Wednesday, February 11, 7:00 to 8:30 pm**  
Overlook Hospital, Conference Room 3

### CANCER CARE

### SCREENINGS

**Free Monthly Educational Lecture Services**  
Series of free educational lectures for patients, family members and the general public. Lunch is served.  
**Last Wednesday of the month, Noon to 1:00 pm**  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5255

**Look Good, Feel Better**  
Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.  
**10:00 to Noon**  
Overlook Hospital, Conference Room 2  
For a program schedule and to register, please call 908-522-5255.

**I Cancer Vive**  
This six-week program empowers cancer patients and their caregivers to take a mind-body approach to healing.  
Overlook Hospital, Conference Rooms  
For a program schedule and to register, call 908-522-5349.

**Guided Imagery**  
This program uses visualization to enhance the immune system's ability to function and improve one's sense of emotional well-being.  
**Tuesdays, 2:00 to 3:00 pm**  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5349

**Exercise Class for Breast Cancer Survivors**  
A comfortable, safe and supportive exercise environment for breast cancer patients who have undergone any of the following treatments/procedures: chemotherapy, radiation, hormonal therapy, breast surgery and/or reconstruction.  
**Wednesdays, 10:00 to 11:00 am**  
Overlook Hospital, MAC II building, Breast Center Conference Room  
To register, call 908-522-5255

**Nutrition for Breast Cancer Survivors**  
**Wednesdays, 9:00 to 10:00 am**  
Overlook Hospital, MAC II building, Breast Center Conference Room  
To register, call 908-522-5347

**Diabetes**  
**Monday, December 22, 10:00 am to Noon**  
The Connection, 79 Maple Street, Summit  
**Tuesdays, January 13 and February 3, 10:00 am to Noon**  
Westfield Area YMCA, 220 Clark Street  
**Monday, February 9, 10:00 am to Noon**  
Fanwood-Scotch Plains YMCA, 1340 Martine Avenue

**Blood Pressure**  
**Thursday, January 8, 10:00 am to Noon**  
5 Points YMCA, Tucker Avenue, Union  
**Monday, January 12, 10:00 am to Noon**  
Fanwood-Scotch Plains YMCA, 1340 Martine Avenue  
**Wednesday, January 14, Noon to 2:00 pm**  
Westfield Area YMCA, 220 Clark Street  
**Monday, January 26, 10:00 am to Noon**  
The Connection, 79 Maple Street, Summit  
Summit Area YMCA, 67 Maple Street

**Hearing**  
**Tuesday, January 6, 10:00 am to Noon**  
**Wednesday, January 21, Noon to 2:00 pm**  
Westfield Area YMCA, 220 Clark Street  
**Saturday, January 10, 10:00 am to Noon**  
Home Depot, 2445 Springfield Avenue, Vauxhall

**Body Mass Index/Body Fat Analysis**  
Receive individual counseling and educational materials.  
**Tuesdays, December 16, January 20, 27 and February 10, 10:00 am to Noon**  
**Wednesdays, December 17, January 7 and 28, Noon to 2:00 pm**  
Westfield Area YMCA, 220 Clark Street  
**Thursday, January 8, 10:00 am to Noon**  
5 Points YMCA, 201 Tucker Avenue, Union

**Cholesterol**  
Fasting is not required.  
**Tuesday, January 27, 10:00 am to Noon**  
**Wednesday, February 4, Noon to 2:00 pm**  
Westfield Area YMCA, 220 Clark Street  
Fee: \$10

**Bone Density for Women**  
Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Counseling and educational materials will be provided.

**Now What: Post Treatment and Survivorship**

## Mommy Makeover

Learn about plastic surgery options that may be right for you.  
**Tuesdays, February 3 and March 17, Wednesday, January 21 and Thursdays, December 11 and April 2, 6:30 to 8:30 pm**  
Overlook Hospital, MAC II building, the Women's Conference Center  
Presenter: Beverly Friedlander, MD



## SUPPORT GROUPS

### Creative Caring

For children who have a parent with cancer. They will learn to deal with family cancer issues using expressive therapy techniques.  
For more information, call 908-522-5255

### Ostomy

For more information, call 908-522-5552

### Bereavement Group Level 1

For those who have recently lost their spouse to cancer.  
Third Monday of every month, 5:30 to 6:30 pm

### Bereavement Group Level 2 (follow up to Level 1)

First Monday of every month; 5:30 to 6:30 pm  
For more information and to register, call 908-522-5255

### Newly Diagnosed Breast Cancer

Second and fourth Wednesdays of every month, 7:00 to 8:30 pm  
To register, call 908-522-5349

### Brain Tumor

Thursdays, 10:00 am to Noon  
To register, call 908-522-5255

### Hearts and Hands

This group offers patients and their caregivers the opportunity to discuss issues and concerns as they work on crafts.  
Thursdays, 2:00 to 4:00 pm  
To register, call 908-522-5349

### Post-Treatment Group

For patients who have completed their cancer treatment.  
Second Thursday of the month, 7:00 to 8:30 pm  
To register, call 908-522-5349

### Post-Breast Surgery

Concentrates on the emotional as well as the physical support for women who have undergone a lumpectomy or mastectomy. It includes group discussion and specially designed exercises.  
79 Maple Street, Summit  
For more information, call 908-522-5255

### Adults With Epilepsy & Their Caretakers Support

A group for adults with epilepsy, or those adults caring for family or friend with epilepsy. Registration required.  
Second Thursday of every month, 6:30 to 8:00 pm  
Overlook Hospital, Atlantic Neuroscience Institute Center  
To register, call 845-695-6885

### Diabetes

Third Thursday of each month, 10:00 to 11:00 am

*All support groups are located at Overlook Hospital.*

## Lunch and Learn

Topics covered regarding post treatment for cancer survivors.  
Overlook Hospital  
For more information, call 908-522-5255

## Scar Massage

A one-hour private massage for those post-mastectomy patients who did not opt for breast reconstruction. The purpose of the massage is to help prevent adhesions, improve blood flow and maintain or improve tissue post surgery.  
Overlook Hospital  
For more information, call 908-522-5211

## Creativity and Wellness Open Art Workshop

Experience how the creative process can enhance healing and well-being. Art supplies will be provided.  
Third Wednesday of every month, 10:30 am to Noon  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5349

## Gentle Yoga

Yoga is an ancient system of bodywork and healing, which includes exercise, stretching and breathing, to promote awareness and spirituality and calm the psyche.  
Fridays, 10:30 to 11:45 am  
Overlook Hospital, Conference Room 3  
To register, call 908-522-5349

## EDUCATION

### Basic Life Support for the Healthcare Provider Renewal Course

This three-hour renewal course refreshes the skills taught in the full Basic Life Support for the Healthcare Provider course. Registration is required.  
Monday, December 15 and Wednesday, January 21, 7:00 to 10:00 pm  
Overlook Hospital  
To register, call 908-522-2365  
Fee: \$55

### Basic Life Support for the Healthcare Provider

Tuesday, January 6 and Wednesday, January 7, 7:00 to 10:00 pm  
Overlook Hospital  
To register, call 908-522-2365  
Fee: \$85

### HEARTSAVER Certification Course

This course is designed to teach CPR, AED and Obstructed Airway. Registration is required.  
Adult Session: Tuesday, January 20, 7:00 to 10:00 pm  
Pediatric Session: Thursday, January 22, 7:00 to 10:00 pm  
Overlook Hospital, Wallace Auditorium  
Fee: \$45 for adult session; \$40 for pediatric session.  
*To register for education and certification programs, call 908-522-2365.*

Tuesdays, December 16, January 27 and February 10, 10:00 am to Noon

Wednesdays, December 17, January 7 and 28, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Thursday, January 8, 10:00 am to Noon

5 Points YMCA, 201 Tucker Avenue, Union

Fee: \$10

*Registration is required for all screenings.*

## CHILD BIRTH AND PARENTING

Children and Parenting programs are held at Overlook Hospital, 99 Beauvoir Avenue, Summit. A complete list of classes offered can be found at [atlantichealth.org](http://atlantichealth.org). To register for the classes listed below or for additional information regarding dates and times, please call 908-522-2946 or email [overlook.parented@atlantichealth.org](mailto:overlook.parented@atlantichealth.org).

- Mother's Exchange
- Early Pregnancy
- Toddler Nutrition I & II
- Healthy Eating for Babies: Starting Solids and Beyond
- Baby Signing
- An Introductory Seminar
- Time for Mommy & Me
- Calm Birth
- Postpartum Depression Group

## BEHAVIORAL HEALTH SUPPORT AND THERAPY

### Chemical Intensive Outpatient Program

Three one-hour groups, three nights weekly for those trying to remain abstinent from all substances.

Mondays, Wednesdays and Thursdays, 6:00 to 9:30 pm

### Mental Health Intensive Outpatient Program

Group, individual and family counseling, as well as medication management. Participants attend three out of five days per week. Mondays through Fridays, 10:30 am to 2:00 pm

### The Autumn Group

This group encourages seniors to express their thoughts, feelings and experiences.

Wednesdays, 9:30 to 10:30 am

### Substance Abuse

Learn ways to cope with substance abusing family members.

Tuesdays, 6:30 to 8:00 pm

### Therapeutic Gambling Group

For individuals who are concerned with their level of gambling.

Tuesdays, 8:00 to 9:00 pm

### Women's Group

Participants will learn coping skills through examination of thoughts and behaviors.

Thursdays, 11:00 am to Noon

*All Behavioral Health programs are located at Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue in Summit, NJ. Registration is not required.*

Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at [atlantichealth.org](http://atlantichealth.org).

# 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](http://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 [atlantichhealth.org](http://atlantichhealth.org).*

# Improving Bariatric Surgery



For people struggling with obesity, bariatric surgery has become a popular treatment solution. However, keeping the weight off after the surgery can be tough.

**BARIATRIC SURGERY IS** commonly known as a curative step in the battle against obesity. The surgery is one part of a multi-step process that hinges on a patient exercising and following a healthy diet. However, sometimes these measures simply don't work. Now patients have a follow-up option available called the StomaphyX™ procedure.

"This procedure represents a step forward in providing less invasive solutions to the complex issue of weight management," says Ajay Goyal, MD, medical director for the Center for Advanced Bariatric Surgery at Overlook Hospital. "Since the procedure is performed with an endoscope, patients recover quickly without the need for open surgery."

## How It Works

StomaphyX reduces the stomach pouch and stomach outlet (stoma) to the original gastric bypass size.

"It is performed safely, quickly, comfortably and endoscopically with no incisions to provide minimal downtime," says Muhammad S. Feteiha, MD, director of minimally invasive surgery for Overlook Hospital. "The surgery is

not performed as a primary method of weight-loss surgery, but rather as a corrective procedure."

## A Success Story

After undergoing gastric bypass surgery in 2001, Kenneth Williams was very satisfied with his weight-loss results.

"The surgery was a success for many months, but because I didn't make important lifestyle changes as well, I quickly began to gain back the weight," Williams says.

However, when Williams learned of StomaphyX revision surgery, he was excited to have the surgery and take all the necessary steps to keep the weight off for good this time.

"Since having the surgery, I have lost 50 pounds and have more energy than ever," Williams says. "I recovered very quickly from the surgery and have experienced little to no side effects."

The new procedure has dramatically changed Williams' life for the better. He now enjoys walking six to eight miles a day and looks forward to a healthy and active future.

## Keeping the Weight Off

Maintaining a healthy diet and exercise routine are crucial steps before and after bariatric surgery.

## GETTING YOUR BODY READY

Before bariatric surgery, exercise and nutrition routines are recommended to help the body gain strength. A registered dietitian can help develop a customized nutrition plan based on your medical history, actual weight and food preferences. This preparation will allow for a more favorable outcome, reduce the risk of surgical complications and speed the healing and recovery process.

## STAYING HEALTHY

After the procedure, your reduced stomach capacity and shorter digestive tract will begin to cause weight loss.

"During this time, exercise routines become more important than ever," says Muhammad S. Feteiha, MD, director of minimally invasive surgery for Overlook Hospital. "As you shed the pounds, your mobility will become easier and joint pain should lessen. Moderate and consistent exercise will help you keep the weight off and regain the strength and agility that was lost to obesity."

*To register for a class regarding the options of weight-loss surgery, call 866-934-4165, 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](http://atlanticealth.org).*

# Saving Stem Cells, Saving Lives

In the past, patients in need of stem cells relied on bone marrow transplants. Research has revealed that umbilical cord blood is also rich in stem cells. Banking your child's cord blood could save a life—and it just might be his or her own.

**EACH YEAR, ACCORDING** to the American Medical Association, 10,000 to 15,000 Americans with conditions such as leukemia need stem cell transplants and are unable to find suitable donors. Cord blood stem cells provide an alternative resource for patients with dire medical conditions and even provide stem cells with less chance of rejection.

The first step in saving your newborn's cord blood is finding a hospital with an active cord blood program.

January is Volunteer Blood Donor Month.

For information about donating at Overlook Hospital, call 908-522-3509.

Overlook Hospital's maternity services participates in cord blood collection and offers information about the topic in Prepared Childbirth classes.

"With certain diseases where stem cells are needed for treatment, the best kind to use are your own because they are an exact match," says Amy Gole, RNC, EdM, manager for parent education for Overlook. "If you bank your baby's cord blood and he becomes ill later in life and needs stem cells, that resource would be ready and available to him."

"If you donate your baby's cord blood to a public bank, someone who requires a transplant would be eligible to receive your child's donation." —Amy Gole, RNC, EdM, manager for parent education for Overlook Hospital

If you decide you want to collect your child's cord blood, determine whether you want to bank the blood for your child's future use or donate it to a public cord blood bank. If donated to a public bank, someone who requires a transplant would be eligible to receive your child's donation.

Contact a cord blood company at least a month prior to your due date to request a collection kit, which should then be brought to Overlook for the delivery. Alert the nursing staff that you have a collection kit and want to save the cord blood.



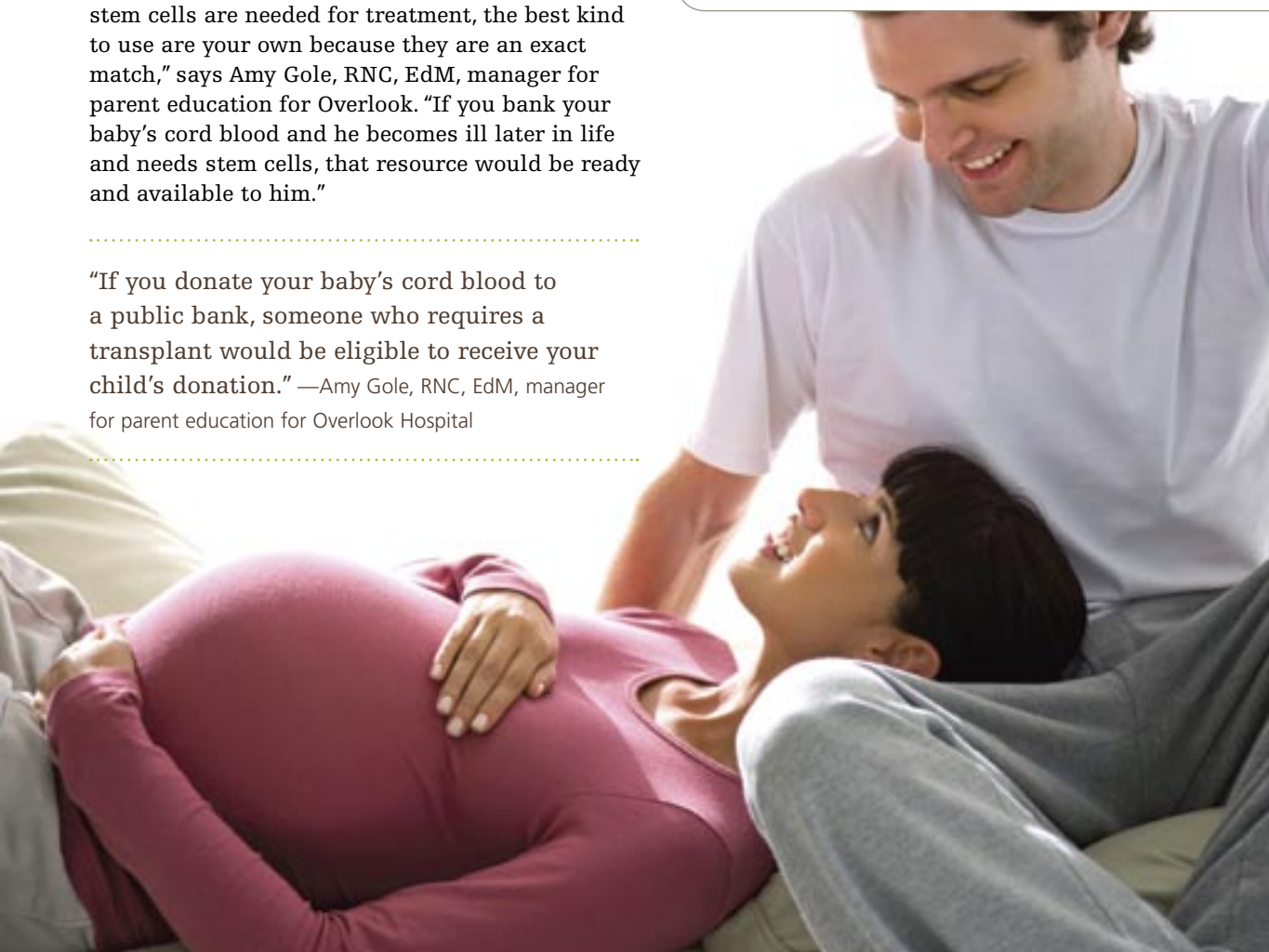
To learn more about this topic or to register for a childbirth or parenting class, call 866-934-4167 or email [overlook.parented@atlantichhealth.org](mailto:overlook.parented@atlantichhealth.org).

## Meeting Your Delivery Needs

Support for your needs begins long before delivery. Overlook Hospital offers a variety of classes designed to help make mothers, fathers, siblings and even grandparents comfortable in their roles with the new baby.

To prepare for birth, Overlook offers parents a Prepared Childbirth class to teach what to expect during labor and delivery, relaxation techniques, the partner's role in the birth, medication options and other aspects of your birthing experience. The class also includes a tour of the Maternity Center to provide you and your family with an up-close look at the supportive environment.

Overlook Hospital offers expert maternity services, including access to advanced perinatal care for high-risk pregnancies.



# 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 [atlantichhealth.org](http://atlantichhealth.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 [atlantichhealth.org](http://atlantichhealth.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 [atlanticealth.org](http://atlanticealth.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](http://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**