

Well Aware



Taking a
Trip?
* Read This
Before You Go

Countdown to
Cardiac Care

Psst!
Time for
Your Prostate
Screening



Morristown
Memorial
Hospital

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THE PASSION TO LEAD

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reader opinion survey.
For more information,
see page 2.

Well Aware

Dear Friend,

For many of us, summer vacation promises a pleasant break from the day-to-day routine of work. If you are traveling, whether alone or with loved ones, keep in mind the necessity of bringing first-aid supplies, medications and other personal safety items with you on your trip. For more about summer vacations and a guide to Travel MD—our new program that can free you from having to worry over your safety during a trip—see our special story on page 6.

More outdoor activity during the summer increases the risk of accidents, particularly for children. We wish you and your children the best summer possible, but if an injury should occur, rest assured that the Atlantic Rehabilitation Institute can assist your child on the journey to regaining functionality. For more, turn to page 3.

Finally, should you for any reason be required to stay at Morristown Memorial or Overlook Hospital, I'm glad to report that we now offer an easy, secure way for you to stay connected with those you love—theStatus.com. Details are on page 11.

Wishing you good health,

Joseph Trunfio
President and CEO
ATLANTIC HEALTH



New Mount Sinai Link BENEFITS Everyone

**Mount
Sinai**

Thanks to new academic and clinical affiliations with the Mount Sinai Medical Center, Morristown Memorial and Overlook Hospitals will soon be part of the training grounds for medical students at one of the nation's leading medical schools.

This affiliation, which went into effect in March, means that students from the New York City-based Mount Sinai School of Medicine will be able to learn about community-based hospital care from our local physicians. In return, physicians from Morristown Memorial and Overlook Hospitals will be able to refer extremely complicated cases to Mount Sinai Hospital, and will also benefit from access to Mount Sinai's research teams.

Students from Mount Sinai will begin working at Morristown Memorial and Overlook Hospitals in July and will learn about medical care in areas such as family medicine and trauma.

For more on the programs at Morristown Memorial and Overlook Hospitals, visit atlantichealth.org.

»» WE CARE WHAT YOU THINK

»» Your opinion about *Well Aware* matters to us. Take our five-minute online reader opinion survey to be included in a drawing for a \$100 Target gift card. »»

Get started now at healthyfeedback.com/AtlanticHealth.

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The Future of Pediatric Rehabilitation

Defending the net as a soccer goalie or hitting the slopes on a snowboard are experiences many children with special needs don't get to enjoy. For those who participate in virtual reality pediatric rehabilitation, however, these and other physical activities are simply part of putting the fun into regaining functionality.

NEW, VIRTUAL REALITY technology is helping children ages 4 and older who have suffered a stroke or orthopedic injury recover quickly while having fun. In addition, those children who have cerebral palsy or visual motor impairments also enjoy using the system.

The IREX™ (Interactive Rehabilitation Exercise) System—now in use at the Atlantic Rehabilitation Institute—is the only one of its kind in the Tri-State Area. It allows children to choose among 20 interactive games developed to improve stability, coordination, balance and range of motion.

Virtual Reality = Actual Therapy

The IREX™ technology projects an image of the child onto a screen, and the child watches himself or herself while participating physically in the selected on-screen virtual-reality environment. Clinicians use program parameters to tailor every game to the specific therapy needs of the child.

At the beginning of a session, the clinician enters the child's name and a computer automatically adjusts functions of the game to help the child improve in certain categories, including:

- range of motion
- strength
- balance
- coordination

For example, a child who is trying to overcome residual weakness on the left side of his or her body after having suffered a stroke may enjoy swimming with fish and maneuvering around obstacles in a virtual seascape. Behind the scenes, a therapist measures the child's physical performance in real time.

Child's Play = Comprehensive Care

In addition to improving the patient's physical condition, the ability to tackle challenges and track progress toward personal therapy goals provide emotional

benefits for children. Many patients would not be able to play sports or participate in other physical activities, but these games allow them to do so in a fun, non-threatening virtual environment. Instead of competing with others, they receive positive feedback as they strive to break their own past scores.

"Kids love video games, and they're so excited when they find out that these interactive games are part of their therapy," says Karen Christopher, OT, lead pediatric occupational therapist for the Atlantic Rehabilitation Institute. "This technology makes the hard work of rehabilitation seem like play, and that helps patients stay motivated and enthusiastic. Plus, parents love to see their children happy and making great strides toward achieving their goals."

For more information on the Atlantic Rehabilitation Institute, visit atlantichealth.org or call the outpatient therapy department at (973) 971-4451.



In addition to offering interactive video games that help children play their way to better function and range of motion, the Atlantic Rehabilitation Institute has a range of other fun programs to pique kids' interest. These include:

* **Chitchat**—a social skills group for children ages 3 and older facilitated by an occupational therapist and a speech and language pathologist. The program addresses social communication skills through the use of sensory motor and fine motor skills, group discussion and simulated role playing of typical social situations in a fun and supportive environment.

* **Hippotherapy** (horse riding) for physical therapy (for more, see "Changing the Lives of Children" on page 14).

* **Mission 2 Move**—a sensory-motor movement program led by occupational therapists for children ages 6 and older. The group encourages coordinated, whole-body movements through the use of music, conceptual games and social activities.

* **Splash**—a therapeutic pool program designed and led by occupational and physical therapists for children ages 3 and older with developmental delays, sensory or coordination dysfunction, orthopedic conditions or perceptual impairments.



Early Detection Is the Best Protection



Prostate cancer is one of the most common cancers diagnosed in American men, yet many are too embarrassed to be screened.

WHEN CARL LEMANSKI, a floral designer from Berkeley Heights, told his physician that he had both frequent urges to urinate and difficulty urinating, he never imagined the symptoms were related to his prostate. His physician's suggestion was to schedule a follow-up appointment with Ayal Kaynan, MD, urologist for Morristown Memorial Hospital.

After his screening and a second opinion, the 63-year-old Lemanski was given a devastating—yet hopeful—diagnosis of early stage prostate cancer. Within months, he elected to have minimally invasive surgery using the da Vinci® Surgical System to remove the cancerous gland.



“We encourage all men to take the initiative to be examined at age 50. Affordable screenings and education about prostate health are available.”

“Early detection is the best protection against prostate cancer,” says Martha Lehlbach, coordinator of the cancer screening program for Morristown Memorial Hospital. “We encourage all men to take the initiative to be examined at age 50. Affordable screenings and education about prostate health are available.”

If a man is diagnosed with prostate cancer, Morristown Memorial offers a variety of advanced supportive care services—including Nancy Snook, nurse coordinator for Morristown Memorial, who is available to answer questions and help patients through their treatment and recovery—and treatments such as advanced surgical techniques and radiation services. Support groups and complementary medicine programs also ensure men are receiving the best care available.

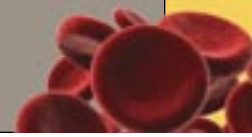
“It’s foolish to put off prostate cancer screenings, because they’re so easy,” Lemanski says. “I’m grateful for the immediate attention I received. Every moment of my care was wonderful.”

To learn more about prostate screenings at the Peter B. Doherty Men’s Cancer Center, the US TOO prostate cancer support group or to sign up for your free, personalized e-health newsletter, visit atlantichhealth.org.



James Wong, MD, chair of radiation oncology for Morristown Memorial Hospital, developed one of the most advanced forms of radiation treatments available. Computed tomography image-guided radiation treatment can precisely track tumors and has a 100 percent success rate.

A BREAKTHROUGH TREATMENT in Your Backyard



Three New Jersey residents have a disease so rare that it affects less than 10,000 people worldwide. Fortunately, a leading-edge treatment available at the Carol G. Simon Cancer Center offers these patients a chance for healthier futures.

DARKENED URINE AND ANEMIA can result from a range of conditions. However, when Charles M. Farber, MD, PhD, division chief of hematology/oncology for Morristown Memorial Hospital at the Carol G. Simon Cancer Center, saw such a patient 12 years ago, he correctly suspected an extremely rare disease.

After special testing, Dr. Farber confirmed the diagnosis of paroxysmal nocturnal hemoglobinuria (PNH), a condition characterized by the abnormal development of red blood cells. PNH usually begins in adulthood as a result of sporadic gene mutation. Naturally occurring proteins (called the complement system) designed to fight infection-causing agents break down these abnormal cells in the bloodstream.

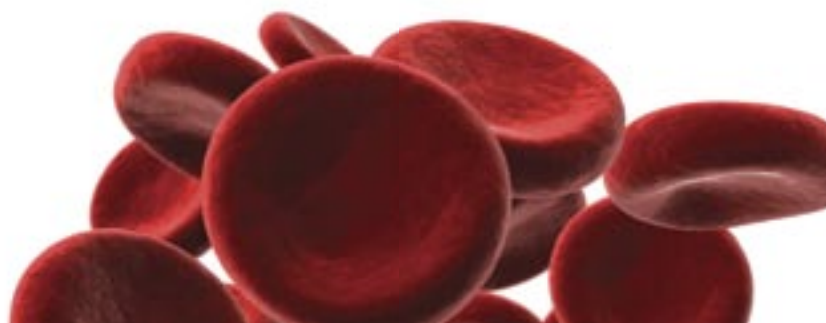
Help at Hand

In the past, PNH resulted in severe pain, fatigue, debilitating weakness, dependence on blood transfusions, blood clots, strokes, heart attacks and intestinal disease. Dr. Farber’s patients now experience a much better quality of life, thanks to the recently FDA-approved Soliris™ (or eculizumab)—the first effective therapy for patients with PNH.

“We have the expertise and resources to diagnose and treat conditions many physicians encounter only in textbooks,” says Dr. Farber, who now treats two other patients who have PNH. “These three cases demonstrate our efforts to offer patients world-class medical care and comprehensive support services in a community atmosphere.”

For more information about the Carol G. Simon Cancer Center, visit atlantichhealth.org.

While few facilities across the nation have the means to identify and manage a rare disease called paroxysmal nocturnal hemoglobinuria (PNH), Charles M. Farber, MD, PhD, division chief of hematology/oncology for Morristown Memorial Hospital, diagnosed a patient with PNH during his first day of practice.



THE Countdown to Gagnon IS ON

Heart disease kills more American men and women than any other disease. Fortunately, Gagnon Heart Hospital can help you avoid becoming a statistic.



FOR YEARS, MORRISTOWN MEMORIAL AND OVERLOOK HOSPITALS have provided outstanding cardiac care. Now, with the construction of Gagnon Heart Hospital, we are ensuring your heart's health for years to come.

"Gagnon Heart Hospital will enable us to house all of our cardiac services in one building for easy access and continuity of care," says Robert Peake, director of facilities and construction for Atlantic Health. "We've always offered top-notch care, and Gagnon Heart Hospital will help us continue that tradition."

Heart-Healthy Advances

Slated to open in late 2008 or early 2009, Gagnon Heart Hospital will provide 104 private cardiac rooms. In each room, a range of high-tech equipment will be housed to keep a close watch on the health and well-being of patients.

Some of the advances to be provided at Gagnon Heart Hospital include the following:

- a second electrophysiology laboratory for diagnosis and evaluation of the heart's electrical activity

- chest pain observation center to monitor patients
- advanced noninvasive cardiac imaging to visualize patients' hearts for accurate and fast diagnoses

A Special Touch

In addition to providing the latest and greatest technological advances, the Gagnon Heart Hospital will provide an inviting atmosphere. Each patient room will have amenities such as a flat-screen television, wall coverings and an area for family members to sit and visit or even stay the night.

"The building and equipment at Gagnon are fantastic," says Frank Smart, MD, board-certified cardiologist and chief of cardiology for Morristown Memorial Hospital. "So is our commitment to providing the best heart care to everyone who turns to Gagnon. That commitment drew me to Morristown Memorial and Overlook Hospitals and makes it possible for people to overcome an array of dangerous and deadly cardiac conditions."

Beyond the Heart

At Gagnon Heart Hospital, technological advances will ensure open heart surgery, angioplasty and other procedures provide the best outcomes possible. In addition to these wonderful advances, Morristown Memorial Hospital is undergoing renovations and expansions to better meet the needs of all patients.

The main lobby is getting a facelift and some extra space. When patients turn to Morristown Memorial, they and their loved ones can be comfortable and cozy. The soon-to-be renovated and expanded lobby will make this possible for years to come.

A new parking lot (named the Women's Auxiliary Parking Garage) will make it easier for patients, visitors and staff to find a parking space near the hospital.

» To learn more about the Gagnon Heart Hospital, or for referral to a Morristown Memorial or Overlook Hospital cardiologist, visit atlantichealth.org. While you're there, be sure to sign up for your free e-health newsletter.



TRAVEL TIPS

for

Any Adventure

Whether you're traveling a few states away or to your dream destination on the other side of the world, preparation is key for your health, your safety, fun and whatever else your journey may bring.

WHEN TRAVELING for business or pleasure, we pack our suitcases to include clothes and accessories we may need, but often forget to include first-aid supplies, medications and other personal safety items.

Additionally, international travelers may need immunizations to protect against various diseases that could be contracted during the trip.

"Travel should be fun. You shouldn't have to spend time worrying over your safety," says William Felegi, medical director of Travel MD for Morristown Memorial Hospital. "Taking the time to schedule a consultation to discuss any necessary items, medication safety and general travel safety information can help

ensure that your trip is worry-free and enjoyable."

Before Takeoff...

No matter your destination, using a travel service can help ensure your trip goes smoothly. Look for a comprehensive service, like Travel MD, that partners with the Centers for Disease Control and Prevention, the World Health Organization and the International Association for Medical Assistance to Travelers.

Be prepared to provide your medical history, past immunizations and a complete itinerary of your trip—including any special areas you plan to visit. In turn, you should receive a detailed list of

necessities, including the following:

- foods and drinks to avoid
- medications to pack
- steps to take to avoid illness
- required and recommended immunizations

"Utilizing a travel service provides travelers with a customized set of recommendations," Felegi says. "From necessary precautions to the smaller things travelers may not have thought of, this service can assist them in making their trip as enjoyable as possible."

FOR MORE INFORMATION, VISIT
ATLANTICHEALTH.ORG
OR CALL (973) 971-7291.



SAFE TRAVEL TIPS FROM ATLANTIC HEALTH • atlantichealth.org • (973) 971-7291

Safe Travels

Take the following steps for a safe trip:

- 1 Be certain that all of your drinks come bottled or canned, and avoid using ice.
- 2 Steer clear of salads and eat only cooked vegetables.
- 3 Be sure to include enough medication to last you for the duration of your trip.
- 4 If you're visiting an exotic locale, such as a rainforest or island, pack plenty of insect repellent containing at least 30 percent of the chemical DEET.

Be Wise, Immunize

Before you set out on your next trip abroad, protect yourself against native diseases through immunization. Due to a delay of some immunizations' effectiveness, try to schedule your immunizations at least four weeks prior to travel.

Travel MD offers the following immunizations:

- Hepatitis A and B
- Influenza
- Japanese Encephalitis
- Meningococcal Conjugate (Menactra®)
- Meningococcal Polysaccharide (Menomune®)
- Polio
- Rabies
- Tetanus/Diphtheria/Pertussis
- Typhoid
- Yellow Fever

doc·tor (däk'tər) *n.* [[ME *doctour* Defining the Role

Have you ever wondered what the difference is between physician specialties? Learn more about the specialty behind the special name with these definitions.

hos•pi•tal•ist *n.* A physician with a sub-specialty in internal medicine, cardiology (heart) or pulmonary (lung), who specializes in the care of patients who have been hospitalized. A hospitalist treats only patients in the hospital setting and is often able to provide more efficient care than an office-based physician.

in•ten•siv•ist *n.* A physician who specializes in the care of critically ill patients and coordinates the care of a patient in the intensive care unit (ICU) with other sub-specialists on the medical staff. According to the Society of Critical Care Medicine, time in the ICU is decreased by 30 percent when patients are cared for by intensivists-led teams.

in•tern•ist *n.* A physician who specializes in the comprehensive care of adults. A study by the American College of Physicians found that more than half of Americans did not know what an internist was. This specialty is called internal medicine, and internists are trained to treat most adult patient needs and are excellent choices for primary care physicians.

pri•mary care phy•si•cian *n.* A physician who serves as a gatekeeper for all of the patient's medical and healthcare needs, taking responsibility for providing the majority of the patient's care or referring to another physician for specialized care. Your primary care physician may have one of several possible specialties, such as family practice, internal medicine or obstetrics and gynecology. See your primary care physician regularly for wellness visits, as well as whenever you are sick.

"The hospitalist specialty has emerged over the last 10 years to give greater focus to inpatient care, ensuring all-day access to patients in the hospital. Electronic medical records will facilitate the transfer of knowledge about the patient to the hospitalist for treatment and can then be accessed remotely by the primary care physician once the hospital stay is complete."
—William Pond, MD, medical director of clinical affairs for Morristown Memorial Hospital

"Primary care physicians perform the vital task of coordinating your care when you are sick, acting as a triage person or advocate. If you need access to a specialist, we will intervene and get you to the right doctor at the right time for optimal recovery."
—William Pond, MD, medical director of clinical affairs for Morristown Memorial Hospital

Please call 1-800-247-9580 to register for any of these programs. All programs are free unless otherwise indicated. Atlantic Health also offers a wide range of parenting classes on topics including prepared childbirth, infant care and nutrition. For more information, please call 973-971-5027.

HEALTH AND WELLNESS

Qi Gong

An ancient practice of cultivating energy accomplished by controlled breathing and stretching exercises, Qi Gong calms the mind and the body. It promotes relaxation, reduces stress, boosts your energy level and is beneficial for any type of medical problem. Pre-registration and pre-payment are required.

Fee: \$16 per class or \$84 for six weeks.

Tuesdays, 5:45 to 6:30 pm

Atlantic Mind Body Center, Second Floor, Thebaud Building

95 Mount Kemble Avenue, Morristown

Presenter: Ameurфина H. Nazario, MS, and Atlantic Mind-Body Movement Clinician

Wu Tai Chi (Beginner, Intermediate and Advanced Classes)

Tai Chi is referred to as an “internal” martial art whose concepts were shaped by Taoist philosophy and traditional Chinese medicine. It promotes relaxation, improves energy and is beneficial for any type of medical problem. Pre-registration and pre-payment are required.

Fee: \$16 per class or \$84 for six weeks.

Beginner Class, Thursdays, 6:00 to 7:00 pm

Beginner Class, Saturdays, 10:00 to 11:00 am

Intermediate Class, Tuesdays, 6:30 to 7:30 pm

Advanced Class, Saturdays, 9:00 to 10:00 am

Atlantic Mind Body Center, Second Floor, Thebaud Building

95 Mount Kemble Avenue, Morristown

Presenter: Ameurфина H. Nazario, MS, and Atlantic Mind-Body Movement Clinician

Project Healthy Bones

This 10-week weight-bearing exercise and educational program for adults with, or at risk for, osteoporosis, targets the body’s larger muscle groups to improve strength, balance and flexibility. Registration is required.

Fee: \$30.

Tuesdays, beginning June 19

10:00 to 11:00 am

95 Madison Avenue, Third Floor, Morristown

Hypnosis for Weight Reduction

Make subtle changes to permanently reduce your weight through hypnotic suggestions and proven behavior modification techniques. A CD and monthly support will be available.

Fee: \$70.

Tuesday, July 24 and Saturday, August 25

7:00 to 9:00 pm

Conference Room, Level B

95 Madison Avenue, Morristown

Hypnosis for Smoking Cessation

Overcome the desire to smoke through group hypnosis and behavior modification techniques. A CD and monthly support will be available.

Fee: \$70.

Thursday, July 26 and Tuesday, September 4

7:00 to 9:00 pm

Conference Room, Level B

95 Madison Avenue, Morristown

SCREENINGS

Look in the Dermascan

Do you have areas of hidden sun damage on your face? Find out, and learn about risks for skin cancer and how to protect yourself and your family.

Tuesday, June 12

10:00 am to 1:00 pm

Lakeland Hills YMCA

100 Fanny Road, Mountain Lakes

Wednesday, June 13

9:00 to 11:00 am

Somerset Hills YMCA

140 Mt. Airy Road, Basking Ridge

Wednesday, June 13

4:00 to 6:00 pm

West Morris YMCA

14 Dover Chester Road, Randolph

Tuesday, June 19

10:00 am to Noon

Morris Center YMCA

79 Horse Hill Road, Cedar Knolls

Wednesday, June 20

9:00 to 11:30 am

Madison YMCA

111 Kings Road, Madison

Blood Pressure and Diabetes Screenings

Participants learn their blood pressure, blood sugar and risk factors for heart attack and stroke. Individual counseling and educational handouts will be provided. No fasting necessary.

Thursday, June 21

10:00 am to 1:00 pm

Flanders Valley Golf Course

81 Pleasant Hill Road, Flanders

Wednesday, July 25

10:00 am to 1:00 pm

Sunset Valley Golf Course

47 West Sunset Road, Pompton Plains

Wednesday, August 15

10:00 am to 1:00 pm

Berkshire Valley Golf Course

28 Cozy Lake Road, Oakland

Blood Pressure Screenings

A normal blood pressure is 120/80. Learn your numbers and your risk for heart attack and stroke. Individual counseling and educational handouts will be provided.

Fridays, July 6 and August 3

Noon to 3:00 pm

Parsippany Shop Rite
808 Route 46, Parsippany

Monday, July 9

9:00 to 11:30 am

Madison YMCA
111 Kings Road, Madison

Wednesday, July 11

10:00 am to Noon

Morris Center YMCA
79 HorseHill Road, Cedar Knolls

Wednesday, July 18

10:00 am to Noon

West Morris YMCA
14 Dover Chester Road, Randolph

Tuesday, July 24

9:00 to 11:00 am

Somerset Hills YMCA
140 Mt. Airy Road, Basking Ridge

BMI/Body Fat Screening

Participants will learn their percentage of body fat and body mass index and how these numbers impact their health risk. Individual counseling on results and educational handouts will be provided.

Tuesday, July 10

10:00 am to 1:00 pm

Lakeland Hills YMCA
100 Fanny Road, Mountain Lakes

Respiratory Screening

Are you a smoker or exposed to secondhand smoke, have a chronic cough or allergies? Simple spirometry will let you know if you have evidence of airway obstruction. Individual counseling and educational handouts will be provided.

Monday, July 16

10:00 am to 1:00 pm

Mount Olive Senior Center
204 Flanders Drakestown Road, Budd Lake

Diabetes Screening

A non-fasting fingerstick gives an immediate blood sugar. Participants learn their risk for Type 2 diabetes. Individual counseling and educational handouts will be provided.

Thursday, August 9

10:00 am to 1:00 pm

Lakeland Hills YMCA
100 Fanny Road, Mountain Lakes

Stroke Screening

A healthcare professional will evaluate your risk for stroke through cholesterol and glucose testing, blood pressure and pulse check and carotid artery assessment. Individual counseling will be provided.

Wednesday, August 22

10:00 am to 1:00 pm

Rockaway Library
61 Mount Hope Road, Rockaway

SUPPORT GROUPS

Osteoporosis

No registration required.

Thursdays; June 21, July 19 and August 16

10:30 am to Noon

Madison YMCA
1 Randolph Stoddard Drive,
Conference Room, Madison

Arthritis Support Group

Fibromyalgia.

No registration required.

Thursdays; July 5, August 2 and September 6

11:00 am to Noon

Atlantic Rehabilitation Institute Chapel, Third Floor
95 Mount Kemble Avenue, Morristown
Presenter: Michael Horowitz, MD



For a referral to an Atlantic Health physician, call 1-800-247-9580.



Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at atlanticehealth.org.

Technology

with a Human Touch



Technology brings your good health into the 21st century.

EVERY DAY, health care becomes more complex, requiring health providers to respond quickly to new needs and challenges. Thankfully, technology is keeping up with the demand for change.

"It's important to offer the latest and greatest technologies to patients," says Linda Reed, RN, MBA, vice president and chief information officer for Atlantic Health. "However, these technological advances are worthless without a competent staff. When medical staff members understand how to use medical technologies appropriately, they can make optimal use of new technologies as they are developed."

First Up: Digital Imaging

A few years ago, a number of steps were required for physicians to make a diagnosis based on x-rays. The x-rays had to be printed, cataloged and reviewed by a radiologist. The result was dictated and transcribed and then a report sent to the physician who ordered the test.

Thanks to digital technology, most of these time-consuming steps are no longer needed at Morristown Memorial and Overlook Hospitals and other facilities across the world. Images are now available immediately after an exam, allowing radiologists to review and dictate results right away. This speed has improved the health and well-being of patients, because a quicker diagnosis leads to more rapid treatment.

Recent Additions

Along with digital imaging, advances such as online registration and bill pay

allow patients to handle these functions on their own schedules. Others, such as the web-based service called "My Health," make it possible for individuals to create their own personal pages, access online registration, get current health information and research the treatment methods, potential medication side effects and care providers for various conditions. Many hospitals—Overlook and Morristown Memorial included—now offer public Internet access, so patients and families can stay connected.

Medication errors are also being reduced with new technology, such as a bar-coded medication system. The system ensures the right patient receives the right amount of the right medication at the right time. Another component to the medication management and safety program is Computerized Provider Order Management, which allows physicians and clinicians to place orders electronically.

Coming Soon

The future is bright for medical technology. At Morristown Memorial and Overlook Hospitals, an electronic medical record system for obstetrical and ambulatory care will be implemented in 2007. In addition, as health care becomes more consumer-focused, the hospitals' Internet sites will continue to expand, offering more interactive patient education programs and content.

For the latest information on Morristown Memorial and Overlook Hospitals, visit atlantichhealth.org.

"Providing safe, effective quality care is our number one priority, and advanced medical technology makes that possible."

—Linda Reed, RN, MBA, vice president and chief information officer for Atlantic Health and its Morristown Memorial and Overlook Hospitals

A Connection to Those You Love



AN INCREASING BODY of research shows how important emotions are to health and healing. From the positive effect of laughter on heart health to the negative impact of marital conflict on healing time, emotions have the power to speed or inhibit healing.

To help our patients maintain the emotional support system they need to recover as quickly and comfortably as possible, Morristown Memorial and Overlook Hospitals now offer an easy, secure way for you to stay connected—theStatus.com. At this Internet site, a patient or a family member can set up a personal web page to share news with family and friends. The process is user-friendly and simple, and setting up the page takes only about 20 minutes.

On theStatus.com, you can post information about your condition, let loved ones know if you are up to receiving phone calls or visitors and even include photos. You also can add other personal touches like an inspirational quotation. Friends and family members can check on your status and leave messages of support from any computer with Internet access.

How It Works

- The site is available in five languages—English, Spanish, French, German and Arabic.
- Access to the site is password protected—just enter the email addresses of those who you want to have access, and theStatus.com will automatically send them the password.
- Morristown Memorial and Overlook Hospitals provide an instructional booklet to help patients set up their sites.
- Many patient rooms have wireless access for laptop computers, or a friend or family member can set up your page from computers in waiting rooms.

In addition to offering theStatus.com for hospitalized adults and children, Morristown Memorial and Overlook Hospitals now provide access to babyStatus.com for parents of newborns who are in the neonatal intensive care unit (NICU). These personalized websites allow parents to update information about their babies for concerned friends and family in a format designed specifically for our tiniest patients.

Beyond the Hospital

When patients experience major illnesses or surgeries, recoveries often extend beyond initial hospital stays. With theStatus.com, the website you create while in the hospital remains available to you and your loved ones for up to two years.

“TheStatus.com helps ease the stress of hospitalization and recovery for patients and their families,” says Fatima Alves, customer satisfaction manager for Morristown Memorial Hospital. “Those spending time with the patient in the hospital can focus on him or her instead of making phone calls to relay information, and patients can receive the support they need to heal.”

For more information, visit theStatus.com or atlanticealth.org.

Haven't Got Time for

A woman with short grey hair, wearing a white helmet and a bright yellow cycling jersey, is riding a road bike on a paved path. She is smiling broadly at the camera. The background is a lush green street lined with trees, with a slight motion blur effect, suggesting she is moving quickly. The sky is blue and clear.

“*Total hip replacement is an excellent operation with excellent results, and it's really the procedure of choice for **older patients**. Hip resurfacing is not a dramatic improvement over total hip replacement, but is instead a bone-preserving alternative for **younger patients** who need the ability to return to unrestricted activities.*”

—Wayne A. Colizza, MD, FACS, FAAOS, orthopedic surgeon for Morristown Memorial Hospital and one of only three New Jersey orthopedic surgeons trained in Birmingham Hip Resurfacing

Hip Pain?



Thanks to a new procedure, Rockaway resident Pat Ferrante is now free from hip pain.

FERRANTE HAS NEVER BEEN ONE TO REST ON HIS LAURELS. Though he has a full-time job as a successful realtor with Weichert Realty, the now 58-year-old still finds time to sing, dance, DJ at a local karaoke bar and referee high school football games. But when he started limiting his activities two years ago because of hip pain, he knew something had to be done.

“I learned I had an arthritic hip and a lot of damaged cartilage from old football injuries, but I was still too young for hip replacement surgery,” Ferrante says. “My orthopedic surgeon told me about a new procedure available in the United States called Birmingham Hip Resurfacing and said it was a great option for me.”

A New Alternative

Ferrante’s physician, Wayne A. Colizza, MD, FACS, FAAOS, orthopedic surgeon for Morristown Memorial Hospital, is one of just a handful of American surgeons trained in the Birmingham method of hip resurfacing, and was the third in the entire state of New Jersey to offer the procedure.

“While hip replacement surgery is a great procedure that can dramatically improve quality of life for a patient, it’s not a realistic possibility for those well under the age of 65, because chances are they’ll outlive the prosthetic devices we use,” Dr. Colizza says. “Hip resurfacing allows us to replace the worn-out metal socket while still conserving the bone, which means the procedure can be converted to a total hip replacement later if necessary.”

Fairly new to the United States, hip resurfacing has become a widely accepted

alternative to hip replacement surgery for patients younger than age 60 who aren’t candidates for traditional hip replacement surgery. The procedure allows these patients to resume an active lifestyle fairly quickly and without many of the restrictions that are placed on patients who have undergone hip replacement.

“Floyd Landis—the winner of the most recent Tour de France—had hip resurfacing done and is back to cycling, something he might not have been able to do with hip replacement surgery out of fear of dislocation,” Dr. Colizza says. “Patients who undergo hip resurfacing can do virtually everything they did before the surgery, including running marathons.”

Making Changes

During traditional total hip replacement surgery, the surgeon places a metal socket in the pelvis and coarsens out the majority of the femoral neck (the upper part of the thigh bone) to accommodate the ball-like prosthetic attached to the top of the femur. Made of metal or ceramic, hip prosthetics are expected to last between 10 and 20 years.

During hip resurfacing surgery, the surgeon still attaches the metal socket to the pelvis. However, instead of hollowing out bone to allow for a prosthetic device to be attached, the surgeon simply places a metal cap—similar to a dental cap—on the femoral head. As a result, the risks of dislocation and inaccurate leg length are dramatically reduced.

“Before hip resurfacing, a 50-year-old patient could be told to wait until his or her late 60s or early 70s to have his or her hip replaced,” says William Dowling, MD,

chair of the department of orthopedics for Morristown Memorial Hospital. “At Morristown Memorial, we’re pleased to offer baby boomers an alternative that means they will be able to engage in unrestricted activities after their recovery, something patients cannot expect when they have total hip replacement surgery.”

Great Outcome

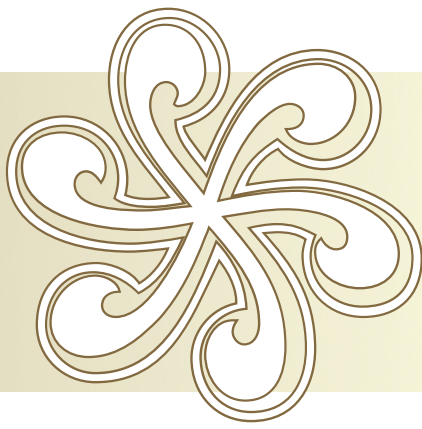
Immediately after waking from his two-hour hip resurfacing surgery, Ferrante knew the procedure had been a success.

“For months, I had experienced excruciating pain when trying to get out of bed in the mornings, and that pain was immediately gone the moment I woke from surgery,” Ferrante remembers. “I had no pain at all, and I was able to get up that same day and begin rehabilitation.”

Following a three-day stay in the hospital, Ferrante began a four-week regimen of outpatient physical therapy three times a week. Within one week, he was driving and showing homes again, and he had returned to his normal activities within a month of the procedure.

“This surgery was one of the best decisions I have ever made, and I would definitely recommend it to younger patients who are in pain but aren’t ready for a total hip replacement,” Ferrante says. “I’ll always be grateful for Dr. Colizza and the staff at Morristown Memorial for giving me my life back.”

To find an orthopedic physician, or to learn more about orthopedics at Morristown Memorial, visit atlantichalth.org. While you’re there, be sure to sign up for your free e-health newsletter.



Changing the Lives of Children

MORE THAN 15 YEARS AGO, Atlantic Health partnered with Raindrop Riding Academy to offer hippotherapy, a unique approach to rehabilitation that uses the movement of a horse to improve the function of children over the age of 2 with disabilities such as cerebral palsy, hypotonia (decreased or low muscle tone) and developmental delays.

“When a horse walks, its hindquarters move in a three-dimensional motion that mimics the movement of a child’s pelvis when he or she walks,” says Nancy Harris, lead physical therapist in pediatrics for Atlantic Rehabilitation Institute. “This therapy has helped disabled children achieve their highest level of function.”

Riding Partners

During each riding session with Charlie Brown or Frada—two horses used for therapy, children are accompanied by a riding instructor, side walker (person who walks beside the horse) and a specially trained physical, speech or occupational therapist.

Unlike traditional riding that teaches skills, hippotherapy focuses on using the movement of the horse to strengthen the child’s balance, coordination and core muscles. Children do not ride with a saddle but sit directly on the horse’s back using a pad. They may sit forward,



sideways or backward as the horse walks or trots, which enhances the child’s ability to feel and benefit from the horse’s movements.

Unique Benefits

“We use hippotherapy in conjunction with conventional therapy methods,”

Harris says. “While it’s not right for every child, we find that a horse can significantly improve a child’s function as well as boost his or her self-esteem and feelings of independence that are often minimized by his or her condition.”

Charlie Brown and Frada, two horses at Raindrop Riding Academy, work hard to improve the lives of children with disabilities, and they need your help. It takes a lot to train the horses, keep them fed and maintain the barn and riding arena.

If you’d like to find out more about how you can support the hippotherapy program at Raindrop Riding Academy, visit atlanticealth.org and click on “Ways to Help.”



Hippotherapy is offered at Raindrop Riding Academy from May through October.

For more information on the therapy, visit atlanticealth.org and search for “Atlantic Rehabilitation Institute.”

Just What the Doctor Ordered

CAN YOU COMMUNICATE openly with your physician? Does your physician approach care in a manner you're comfortable with? Are your physician's recommendations in your best interest? These are the kinds of questions you should consider when choosing the physician who will care for you and your family. The 2006 Castle Connolly *Top Doctors-New York Metro Area* guide also can help.

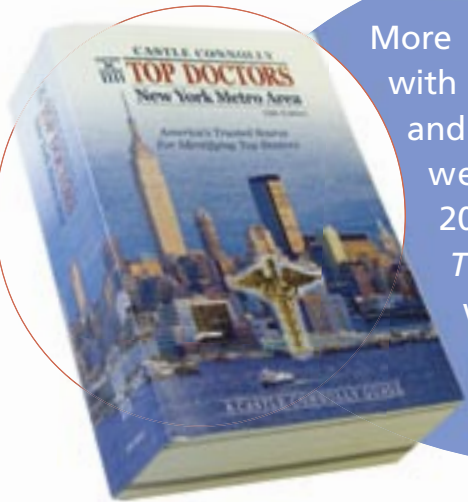
"Castle Connolly is one of the tools consumers can use to help choose a physician," says Donald E. Casey Jr., MD, vice president of quality and chief medical officer for Atlantic Health. "Since the list is localized to the New York Metro Area, residents of the Tri-State Area can find quality physicians and access them with ease."

The Selection Process

Physicians listed in Castle Connolly's annual *Top Doctors* guide are chosen in a unique way. Instead of turning to the general public, Castle Connolly asks physicians to whom they would turn for care. Castle Connolly then takes this list of physicians and decides who should make the list based on a number of criteria. Leadership positions, work experience and safe practices are all considered when choosing whether a physician belongs in the esteemed *Top Doctors* guide.

"This list goes deeper than any other recommended physician list available," Dr. Casey says. "The recommended physicians are those professionals who have earned the respect of other physicians—they're who physicians would send their family members to see. With more than 180 of these chosen physicians available right here, our patients can take comfort knowing they're in good hands."

To find a physician on staff at Morristown Memorial or Overlook Hospital to meet your needs, visit atlantichealth.org and click on "Find a Doctor."



More than 180 physicians with Morristown Memorial and Overlook Hospitals were named to the 2006 Castle Connolly *Top Doctors* guide, which is also online at castleconnolly.com.

Outstanding ORTHOPEDICS

WHEN YOU HAVE arthritic joints, sore shoulders or painful hips, turn to the hospital system with the orthopedic services "Most Preferred" by New Jersey consumers, as ranked by the 2006 *Healthcare Market Guide*.

The *Healthcare Market Guide* surveyed more than 5,000 New Jersey consumers last year, asking healthcare questions concerning overall quality, safety, nursing and patient specialties. In the end, Atlantic Health's orthopedic services received the highest marks.

Atlantic Health's specialty orthopedic services range from emergency care and sports medicine to total joint replacements, physical therapy and pediatric orthopedics. We are committed to individualized, high-quality care and offer the latest in diagnostic imaging services and minimally invasive surgical techniques for faster recovery.

When you need orthopedic care, come to the facilities most preferred by your friends and neighbors. Atlantic Health offers orthopedic services at Morristown Memorial and Overlook Hospitals. For more information, visit atlantichealth.org, and search for "Orthopedics."

Prostate cancer treatments that hit the mark, every time.

Our Cancer Centers offer more treatments, more options, more hope.

The Carol G. Simon Cancer Center at Morristown Memorial Hospital and the Cancer Center at Overlook Hospital are among the pioneers in treating prostate cancer. We were the first in New Jersey to offer image guided radiation and the CyberKnife, and the first to open a dedicated men's cancer center. Our treatment options include robotic surgery, radioactive seed implants and cryosurgery. Our physicians are board-certified in every aspect of cancer care and are part of a highly trained team of oncology nurses, social workers and radiation therapists. Being a leader in cancer care goes beyond treatment: we offer prevention, education, early detection screening programs and clinical trials.

We have all the best choices. Including the one that's right for you.



THE PASSION TO LEAD



For a referral to an oncologist call 800-247-9580. Get the latest cancer care news by signing up for your free, personalized e-health newsletter at atlanticealth.org. A Proud Partner of the Cancer Institute of New Jersey.

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