

# Well Aware



## Taking a Trip?

 **Read This Before You Go**

## An Environment for Healing

## Chest Pain: Heartburn or Heart Attack?



Overlook Hospital

ATLANTIC HEALTH  
THE PASSION TO LEAD



**We Care What You Think**  
Take our five-minute online 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](http://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](http://healthyfeedback.com/AtlanticHealth).

WIN A  
**\$100  
TARGET  
GIFT CARD.**



# 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](http://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.





# SAVING Stroke Sufferers

One patient at a time

**STROKES CAN AFFECT ANYONE**, at any time and without any warning. Devastating to individuals and families, strokes are the third leading cause of death worldwide.

The Merci® Retrieval System is used to treat patients suffering from ischemic stroke, which accounts for 83 percent of all strokes. Ischemic strokes result from clot formations that block blood flow to the brain and can lead to permanent disability or death.

## Miracle Technology

After an angiogram—a test that captures images of blocked arteries—confirms that an individual is having an ischemic stroke, a catheter is inserted through a tiny incision in the patient's groin and guided to the site of the

blocked vessel using x-ray visualization. Next, the Merci Retrieval is inserted through the catheter to the clot, and a corkscrew-type device on the Merci system captures and removes the clot, restoring blood flow to the brain.

A new trial on the Merci system showed that two-thirds of ischemic stroke patients who received the device experienced restored blood flow and better outcomes.

"This is a revolutionary device in the field of stroke care," says Ronald Benitez, MD, neurosurgeon for Overlook Hospital. "More so than other innovations, the Merci system allows physicians to treat a patient with a devastating stroke and completely reverse the symptoms and damage he or she has suffered. It's amazing."

For more information about the services offered at Overlook Hospital's Atlantic Neuroscience Institute, visit [atlantichealth.org](http://atlantichealth.org).

## Always Ahead of the Curve

Overlook Hospital was the first hospital in New Jersey to offer the Merci® Retrieval System, a device that's invaluable for saving the lives of ischemic stroke victims.

# Your Choice ✓ for Bariatric Surgery

A proven method for long-term weight loss, bariatric surgery is changing the lives of patients for the better.

**BARIATRIC SURGERY CAN BE THE FIRST STEP** toward a lifelong commitment to better health. By restricting the amount of food patients can consume, the surgery can potentially cure the complications of obesity, which include diabetes, hypertension, high cholesterol and sleep apnea.



The procedure is not for everyone, however. If you're considering the surgery, talk to physicians at the comprehensive bariatric surgery program at Overlook Hospital, who can help you determine if surgery is the right solution for you.

## Let Excellence Be Your Guide

The bariatric surgery program at Overlook Hospital has received the Center of Excellence designation by the American Society for Bariatric Surgery (ASBS). Awarded for a program's consistent success, the Center of Excellence status is especially important for patients who are choosing a program. In addition to credentialed surgeons, we provide:

- specialized nursing care, dietary instruction and counseling, exercise training, support groups and psychological assistance
- prevention, monitoring and management of complications
- long-term follow-up visits directly supervised by the bariatric surgeon

"We are pleased the ASBS has recognized the safety and success of our program," says James Houston, MPAS, PA-C, manager of bariatric surgery for Overlook Hospital. "With the Center of Excellence designation, we are looking forward to our continued role of serving members of our community who are morbidly obese."

To learn more about the Bariatric Surgery Center or to find an Overlook Hospital physician, visit [atlantichealth.org](http://atlantichealth.org).



Candidates for bariatric surgery have a body mass index (BMI) of 40 or more or are more than 100 pounds overweight.



# A Healing Environment

Providing patients and visitors with a luxurious and enjoyable experience is part of a national trend toward enhanced comfort in the hospital setting. As part of this trend, Overlook Hospital recently unveiled its new healing atmosphere, complete with updated technology and enhanced services for patients and guests.

**RECENT IMPROVEMENTS TO OVERLOOK** have been designed to provide patients and visitors with a more comfortable and homey environment in which to receive care and visit loved ones.

“Our number one goal has always been and will always be the well-being of our patients and the healing that takes place under our roof,” says Alan Lieber, COO for Overlook Hospital. “That being said, we understand the importance that comfort and relationships play in healing and are pleased to offer patients and visitors top-quality services to aid in that process.”

## **Five-Star Amenities**

One of the most noticeable enhancements at Overlook is the redesigned lobby. In addition to an abundance of light, comfortable furniture and the smiling faces of Overlook’s wonderful greeters, the lobby also features the soothing melodies of a pianist several days a week.

Located near the lobby, Donna’s Café—a sit-down restaurant offering delicious sandwiches and salads—has quickly become a favorite of visitors and patients alike for its high-quality and unique menu. Another improvement in the area of dining is the upgraded tray service that will ensure all patients receive the correct meals they ordered in a timely manner.

Other enhancements include:

- concierge service on every patient floor
- free wireless Internet throughout the hospital
- beautiful artwork in the halls for your enjoyment
- redesigned welcome and information packet for all patients
- a hair dresser available by appointment for patients
- inpatient massage three times a week for maternity patients

“We are also excited about the Patient Vision system, which offers patients entertainment and information at their bedside from a touch-screen computer, with access to movies, music and our health library,” says Lieber. “The system combines comfort with care, an essential element that represents the high level of care provided at Overlook.”

## **Patients First**

Despite the continuous improvements and enhancements being made at Overlook, physicians and staff members haven’t lost sight of the number one goal of providing care to those in need.

“Overlook offers some of the most advanced technology available, but maintains an environment of comfort,” says Lieber. “We’re very focused on our patients and their family members, and whatever we can do to ensure they feel at home, we will do.”

To enhance care for our patients, Overlook Hospital offers the highest level of technology combined with a comfortable, relaxing environment.



For more information about Overlook Hospital, visit [atlanticealth.org](http://atlanticealth.org).



## 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](http://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     | • Meningococcal Conjugate (Menactra®)      | • Rabies                       |
| • Influenza             | • Meningococcal Polysaccharide (Menomune®) | • Tetanus/Diphtheria/Pertussis |
| • Japanese Encephalitis | • Polio                                    | • 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, dates and times, please call 908-522-2946.

■ HEALTH AND WELLNESS

**Arthritis Self Help**

Learn important techniques to alleviate pain from arthritis and improve movement.

Thursday, June 21  
1:00 to 2:00 pm

New Providence Senior Center  
15 East Fourth Street, New Providence  
Presenter: Myriam Gabriel, Certified Arthritis Health Educator

**Sun Exposure Lectures**

See the effect of sun exposure on your skin by using our Dermaview machine and learn how to protect yourself from the harmful effects of the sun. Free educational materials will also be provided.

Thursday, July 5; 10:00 am to Noon  
5 Points YMCA, 201 Tucker Avenue, Union

Friday, July 27; 10:00 am to Noon  
Summit Board of Health  
512 Springfield Avenue, Summit

Thursday, August 16; 10:00 am to Noon  
Berkeley Heights YMCA  
550 Springfield Avenue, Berkeley Heights

Friday, August 17; 10:00 am to Noon  
Home Depot, 200 South Avenue, Garwood

Monday, August 27; 10:00 am to Noon  
The Connection For Women and Families  
79 Maple Street, Summit

**Basic Life Support – Renewal Course**

Renews the skills taught in the full Basic Life Support for the Healthcare Provider course. It is recommended that these skills be renewed every two years. Registration is required.  
Fee: \$55.

Monday, July 9; 7:00 to 10:00 pm  
Overlook Hospital  
99 Beauvoir Avenue, Summit

Wednesday, August 15; 7:00 to 10:00 pm  
Overlook Hospital  
99 Beauvoir Avenue, Summit

**Basic Life Support for the Healthcare Provider – Full Course**

This six-hour, two-day course is designed to meet the needs of the healthcare professional who responds to cardiac and respiratory emergencies. Registration is required.  
Fee: \$85.

Tuesday, July 10 and Thursday, July 12  
7:00 to 10:00 pm  
Overlook Hospital  
99 Beauvoir Avenue, Summit

Wednesday, August 8 and Thursday, August 9  
7:00 to 10:00 pm  
Overlook Hospital, 99 Beauvoir Avenue, Summit

**Hypnosis for Weight Loss**

Learn how to permanently lose weight using hypnotic suggestions and proven behavior modification techniques.  
Fee (for all dates): \$70.

Tuesday, July 10; 7:00 to 9:00 pm  
Tuesday, August 14; 7:00 to 9:00 pm  
Overlook Hospital, Conference Room # 2  
99 Beauvoir Avenue, Summit  
Presenter: Barbara Van Duyne, Certified Hypnotherapist

**HEARTSAVER Adult and AED Course**

Learn the basic techniques of Adult CPR, the use of the AED and Obstructed Airway. Registration is required.  
Fee: \$45.

Monday, July 23; 7:00 to 10:00 pm  
Overlook Hospital, 99 Beauvoir Avenue, Summit

**HEARTSAVER Pediatric Course**

Learn infant and child CPR and Obstructed Airway. Registration is required.  
Fee: \$40

Tuesday, July 24; 7:00 to 10:00 pm  
Overlook Hospital, 99 Beauvoir Avenue, Summit

■ SCREENINGS

**Diabetes and HbA1C Screenings**

Learn your blood sugar and risk factors for type II diabetes with a non-fasting finger stick that gives immediate results. For previously diagnosed diabetics only, an HbA1c test, which reveals average blood sugar over the past two to three months, may be performed. Counseling and educational materials will be provided. Registration is required.

Friday, June 15; 10:00 am to Noon  
Home Depot, Springfield Avenue, Union

Tuesday, June 19; 10:00 am to Noon  
Drug Fair, 400 Springfield Avenue, Berkeley Heights

Friday, June 22; 10:00 am to Noon  
Summit Board of Health  
512 Springfield Avenue, Summit

Friday, June 29; 10:00 am to Noon  
Summit Board of Health  
512 Springfield Avenue, Summit

Tuesday, July 3; 10:00 am to Noon  
Scotch Plains/Fanwood YMCA  
1340 Martine Avenue, Scotch Plains

Wednesday, July 11; 10:00 am to Noon  
Walgreens, 800 Morris Turnpike, Short Hills

Thursday, July 19; 10:00 am to Noon  
Berkeley Heights YMCA  
550 Springfield Avenue, Berkeley Heights

Monday, July 23; 10:00 am to Noon  
The Connection For Women and Families  
79 Maple Street, Summit

Thursday, July 26; 10:00 am to Noon  
Westfield Board of Health  
425 East Broad Street, Westfield

Tuesday, August 21; 10:00 am to Noon  
Drug Fair, 650 Shunpike Road, Chatham

**Bone Density Screenings**

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. Registration is required.  
Fee (for all dates): \$10.

Monday, July 16; 10:00 am to Noon  
Rahway YMCA, 1554 Irving Street, Rahway

Friday, August 3; 10:00 am to Noon  
Provident Bank, South Street, New Providence

**Hearing Screenings**

Have your hearing tested for potential problems. Registration is required.

Monday, June 18; 10:00 am to Noon  
Provident Bank, South Street, New Providence

Wednesday, August 1; 10:00 am to Noon  
Westfield YMCA, 220 Clark Street, Westfield

Tuesday, August 14; 10:00 am to Noon  
Summit YMCA, 67 Maple Street, Summit

**Body Mass Index/Body Fat Analysis Screenings**

Learn how your body fat percentage and BMI impact your heart health. Receive individual counseling and educational materials. Registration is required.

Tuesday, June 19; 10:00 am to Noon  
Summit YMCA, 67 Maple Street, Summit

Friday, June 22; 10:00 am to Noon  
Home Depot, 200 South Avenue, Garwood

Thursday, July 12; 10:00 am to Noon  
Liberty Drugs and Surgical  
195 Main Street, Chatham

Friday, July 13; 10:00 am to Noon  
Home Depot, Springfield Avenue, Union

Tuesday, July 17; 10:00 am to Noon  
Drug Fair, 260 North Avenue, Westfield

Thursday, August 2; 10:00 am to Noon  
5 Points YMCA, 201 Tucker Avenue, Union

Tuesday, August 7; 10:00 am to Noon  
Scotch Plains/Fanwood YMCA  
1340 Martine Avenue, Scotch Plains

Wednesday, August 8; 10:00 am to Noon  
Walgreens, 2148 Morris Avenue, Union

Monday, August 20; 10:00 am to Noon  
Rahway YMCA, 1554 Irving Street, Rahway

Thursday, August 23; 10:00 am to Noon  
Westfield Board of Health  
425 East Broad Street, Westfield

**Blood Pressure**

Make sure you are at or below 120/80 — the national guideline for blood pressure. Counseling and educational materials will be provided. Registration is required.

Wednesday, June 20; 10:00 am to Noon  
Walgreens, 120 East First Street, Roselle

Friday, June 22; 1:00 to 3:00 pm  
Vito Gallo Senior Building  
12 Chestnut Avenue, Summit

Monday, June 25; 10:00 am to Noon  
The Connection For Women and Families  
79 Maple Street, Summit

Thursday, June 28; 10:00 am to Noon  
Westfield Board of Health  
425 East Broad Street, Westfield

Friday, July 13; 10:00 am to Noon  
Home Depot, Springfield Avenue, Union

Tuesday, July 17; 10:00 am to Noon  
Drug Fair, 260 North Avenue, Westfield

Thursday, August 2; 10:00 am to Noon  
5 Points YMCA, 201 Tucker Avenue, Union

Tuesday, August 7; 10:00 am to Noon  
Scotch Plains/Fanwood YMCA  
1340 Martine Avenue, Scotch Plains

Wednesday, August 8; 10:00 am to Noon  
Walgreens, 2148 Morris Avenue, Union

Monday, August 20; 10:00 am to Noon  
Rahway YMCA, 1554 Irving Street, Rahway

Thursday, August 23; 10:00 am to Noon  
Westfield Board of Health  
425 East Broad Street, Westfield

**Cholesterol Screenings**

Total cholesterol, HDL and TC/HDL ratio are measured using a simple finger stick. Education and counseling are offered based on results. Fasting is not required. Registration is required. Fee (for all dates): \$10.

Tuesday, July 10; 10:00 am to Noon  
The Connection For Women and Families  
79 Maple Street, Summit

Wednesday, July 18; 10:00 am to Noon  
Westfield YMCA, 220 Clark Street, Westfield

Wednesday, July 18; 10:00 am to Noon  
Home Depot, 200 South Avenue, Garwood

Thursday, August 9; 10:00 am to Noon  
Liberty Drugs and Surgical  
195 Main Street, Chatham

Friday, August 10; 10:00 am to Noon  
Home Depot, Springfield Avenue, Union

Friday, August 24; 10:00 am to Noon  
Summit Board of Health  
512 Springfield Avenue, Summit

■ **SUPPORT GROUPS**

**Substance Abuse Family Support Group**

Participants will learn ways to cope with substance abusing family members. No registration required.

Tuesdays, 6:30 to 8:00 pm  
Atlantic Behavioral Health Outpatient  
46-48 Beauvoir Avenue, Summit


■ **WOMEN'S HEALTH**

**Bone Density (for Women Only)**

Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Registration is required. Fee: \$10.

Saturday, June 23  
10:00 am to Noon  
Curves for Women  
447 Springfield Avenue, Summit

 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 [atlanticealth.org](http://atlanticealth.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](http://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](http://theStatus.com) or [atlanticealth.org](http://atlanticealth.org).

# When Chest Pain Won't

Don't ignore that pain in your chest—it could be a sign of a serious condition.

**THE HEART BEATS** about 100,000 times a day and pumps nearly 2,000 gallons of blood through the body. When one of the heart's blood vessels is blocked by a blood clot and the buildup of atherosclerosis (deposits of substances such as cholesterol and calcium inside an artery), a portion of the heart muscle can stop working, which can result in a heart attack. This condition usually causes pain in the upper part of body, such as the chest. While a heart attack is the most well-known cause of chest pain, it isn't the only reason a person experiences discomfort in his or her upper body. The pain could also be caused by one of these conditions:

- chest wall syndrome (inflammation of the cartilage and bones in the chest)
- pneumonia
- a compressed nerve in the back
- asthma
- gallbladder disease or gallstones
- indigestion or heartburn
- stomach ulcer
- angina (occurs when the heart isn't getting enough blood and oxygen)

"Anyone who experiences chest pain should seek help right away because chest pain is often a sign of something serious," says Elliott Stein, MD, cardiologist and chief of cardiology for Overlook Hospital. "When patients arrive and complain about chest pain, we begin by asking them about the type of pain they are experiencing as well as their medical and family history. This helps us determine quickly if the pain is likely caused by a heart attack or other condition."

## Saving a Heart

While all cases of chest pain are treated in the timeliest manner possible at Overlook, patients who are experiencing a heart attack receive first priority. In

our R. Gregory Sachs Chest Pain Center, we have protocols in place to quickly and accurately diagnose a patient who complains of chest pain. These patients are rapidly evaluated by a triage nurse, and exams such as an electrocardiogram (EKG), which assesses the electrical

emergency team and prepare to care for the patient immediately upon arrival in the emergency department.

"Time is muscle," Dr. Stein says. "We understand this and are experts in treating patients efficiently. A heart attack damages the heart muscle, and

## Don't Take the Risk

Equally as important as knowing the symptoms of a heart attack is evaluating your risk to experience this condition. Use these checkboxes to identify your risk of heart attack. If you mark one or more boxes, talk with your physician about ways to reduce your chance for heart attack.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> I have a family or personal history of heart disease or heart attack. | <input type="checkbox"/> I have high cholesterol (total cholesterol greater than 200 mg/dL). | <input type="checkbox"/> I live a sedentary lifestyle. |
| <input type="checkbox"/> I have high blood pressure (higher than 140/90 mm Hg).                | <input type="checkbox"/> I smoke.  | <input type="checkbox"/> I am overweight or obese.     |
|  |  | <input type="checkbox"/> I have diabetes.              |
|  |  | <input type="checkbox"/> I am constantly under stress. |

activity of the heart, can be performed. If a clogged artery is found, patients are immediately taken to the catheterization lab, where they commonly undergo angioplasty, a procedure that uses a tiny catheter to insert and inflate a balloon into the clogged artery to restore blood flow.

## A Team Effort

Overlook works closely with emergency medical services (EMS) providers in the area to ensure the timely care of patients experiencing a heart attack. Once EMS has arrived on the scene, they can transmit the patient's EKG results wirelessly as they transport the patient to Overlook. This allows us to activate our

the longer it takes to restore blood flow to the heart, the higher the risk of permanent damage or death. Fortunately, the protocols we've established help us to work quickly and treat patients with great success."

*For more information about heart health or the R. Gregory Sachs Chest Pain Center at Overlook, sign up for your free, personalized e-newsletter, or visit [atlantichhealth.org](http://atlantichhealth.org). For referral to a cardiologist on staff at Overlook, call 1-800-247-9580.*


# Go Away

## Is It a Heart Attack?

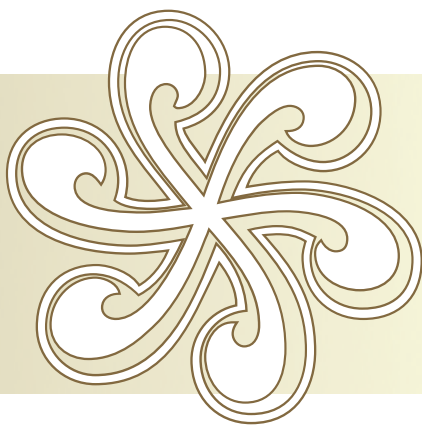
Heart attacks can feel intense or begin slowly with mild pain. So, how do you know if you or a loved one may be having a heart attack? Here are the most common symptoms, according to the American Heart Association.

- feelings of pain, squeezing, tightening or fullness in the chest that last more than a few minutes or go away and come back
- discomfort in other areas of the body, including the arms, back, neck, jaw or upper abdomen
- shortness of breath (may or may not be accompanied by chest pain)
- breaking into a cold sweat
- nausea
- lightheadedness

"The most important thing you can do for yourself or a loved if you experience one or more symptoms of a heart attack is to call 911 immediately," says Elliott Stein, MD, cardiologist and chief of cardiology for Overlook Hospital. "Emergency medical services (EMS) professionals can begin lifesaving treatments as soon as they arrive. They also often call ahead to the hospital, which activates our team so that we're prepared to begin care right away once a patient reaches the hospital. Calling 911 saves lives."



Overlook Hospital was the first hospital in New Jersey to introduce a cardiac care unit and to perform emergency angioplasty. Today, we continue to set the standard when it comes to treating all types of chest pain.



# 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](http://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](http://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.

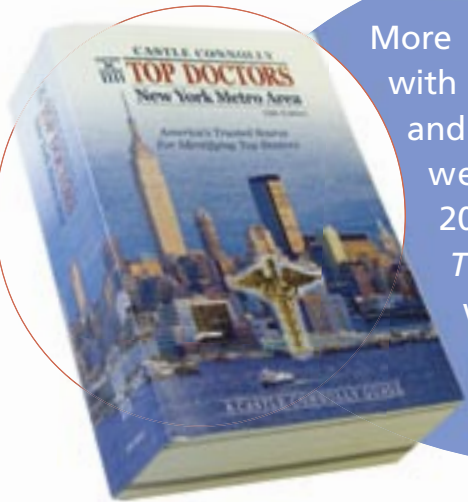
"Castle Connolly is one of the tools consumers can use to help choose a physician," says Donald E. Casey Jr., MD, vice president of quality and chief medical officer for Atlantic Health. "Since the list is localized to the New York Metro Area, residents of the Tri-State Area can find quality physicians 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](http://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](http://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](http://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](http://atlanticealth.org). A Proud Partner of the Cancer Institute of New Jersey.

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