

Well Aware

Sound Mind, Sound Body

Doctor's Orders for Health

Lessons for Life

Help for Teens



Morristown
Memorial
Hospital

ATLANTIC HEALTH
THE PASSION TO LEAD

We Want Your FEEDBACK!

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

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

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

Must be 18 years or older to enter. Atlantic Health employees and their immediate families are not eligible for the drawing. *Well Aware* magazine welcomes your story suggestions. Any correspondence to the magazine may be reproduced in part or whole.



from the CEO

Dear Friend,

At Atlantic Health, in the spirit of practice what you preach, we believe people are more apt to take advice about diet and exercise when the person giving the instruction, such as a family physician, follows that same guidance.

Here at Atlantic Health, many of our staff members and physicians are leaders in the community. These leaders organize charity walks and participate in sports events such as 5K races, marathons and triathlons.

By following our own example of good health, we are not only improving the health of our employees but also the health of our community. We are determined to be proactive in prevention of diseases. Much like receiving scheduled screenings to detect certain conditions, following a diet and exercise plan can help you remain healthy as you age. Atlantic Health staff doesn't just recommend this practice, each of us strives to follow this guiding message. Please join us in taking steps for good health.

Sincerely,

Joseph A. Trunfio
President and CEO
ATLANTIC HEALTH

WINNER'S LETTER

Dear *Well Aware*:

After reading your article "Boom Times for Orthopedics"—Winter/Spring 2009 issue—I found that I could really relate to this article as you will see when you read my letter.

I am a 51 year "young" woman who can really relate to Dr. Lombardi's article on how joints start to sideline you just when you are ready to take over the world—your kids are grown and/or married, life is a bit easier and you and your spouse want to explore the rest of the world together without severe pain or joint complaints and with correct use of your own two feet.

When I was born over five decades ago with flat feet, who would think that the older you get the worse it gets. Well this does happen, trust me; the bones start protruding through different parts of your foot, it spasms when you go to walk, you can't

walk without severe pain and swelling. This condition causes severe falling episodes because your feet are too flat to keep you up. After many falls, broken bones, misdiagnoses, et cetera, I found Dr. Goldberger of Tri-County Orthopaedics, who put his expertise to work on me. After having two successful surgeries (one on each foot) and extensive physical therapy with Sports Care of America, I am now walking all over the place feeling great.

Needless to say, you are as young as you feel—being sidelined is not fun. It is better to participate than just sit and watch.

Sincerely Yours & Blessings,
Mary Beth Cowley, Hanover Township

Read our upcoming issue of *Well Aware* to see how this feedback was incorporated into our story lineup.





Following Doctors' Orders

When a physician is in shape and active, it's a model of behavior that patients are likely to follow.

"AS PHYSICIANS, we often challenge patients to make lifestyle changes that will have a positive influence on their health," says Kevin James, MD, medical director of the noninvasive cardiovascular laboratory for Morristown Memorial Hospital. "Many patients respond initially with 'that's easy for you to say,' but once they understand that I live by the same guidelines, their attitudes change."

Seeing that a physician is particularly interested in his or her own health or physical activity also can make a difference in motivating patients.

"I work out because I love being in shape and active," says

Joseph Rempson, MD, director of rehabilitation for Overlook Hospital. "Because I believe in what I am doing, I speak to my patients with a certain passion about physical activity. When you speak with honest enthusiasm and model the lifestyle habits you want your patients to have, that makes them more likely to listen to your advice."



Want to achieve a healthier weight? Try using a smaller plate. Recent studies found that participants using 10-inch dinner plates ate about 22 percent less than those using standard 12-inch plates.

Providing a Fit-Friendly Work Environment

To encourage better heart health, the American Heart Association created the Start! initiative in 2007 to recognize companies promoting physical activity to their employees. Atlantic Health was recently honored as a gold-level Start! Fit-Friendly

Company—a designation given to roughly 1,000 companies.

"Walking is a significant part of our employee wellness efforts," says Gail Grozalis, registered dietitian, co-manager for

Atlantic Health's Occupational Medicine Services (OMS) Wellness Center. "In 2008, we renovated and decorated stairwells in three of our facilities and added piped-in music to promote taking the stairs."

Atlantic Health also implemented smarter food choices in the cafeteria and vending machines and created an employee smoking cessation program. To further foster a culture of employee wellness, the OMS Wellness Center facilitates walking programs, offers Tai chi and yoga, and holds Biggest Winner challenges to promote weight loss, exercise and better nutrition.

"As a health care organization, we are so focused on educating and taking care of everyone else," says Cristina Mejia, RN, co-manager for the OMS Wellness Center. "It is nice to see Atlantic Health be able to do the same for its employees."

Every 26 seconds an American suffers a heart attack. Every minute that attack will be fatal, making heart disease the leading cause of death in the United States.



For a referral to an Atlantic Health physician, call 888-314-4029, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichhealth.org.

Online Help for Teens

Today, teens are finding answers to health-related questions via the Internet.

AS A PARENT, you want to ensure your child's utmost safety. That includes him or her finding reliable information online.

"Although there are various reputable websites, what you as a parent need to look for is a place on those websites that tells you who and where the information comes from," says Patrick Clinton, site coordinator for TeenHealthFX.com, an Atlantic Health initiative. "On TeenHealthFX.com, we have more than 3,500 questions posted by teens for teens, which we then try to educate them on."

A Teen's Perspective

To get an idea of the information available through TeenHealthFX.com, it is helpful to explore a topic on the site, such as acne. By visiting TeenHealthFX.com,

teenagers can find information on a variety of acne problems, including:

- dark patches
- large, painful acne bumps
- medical reasons for acne
- noticeable acne scars and pimples

Additionally, website managers continually implement new ways for teens to interact with one another via the site.

"Although I do my best to give each teenage patient direct medical advice and direction on a topic, I know he or she might want to hear from other teenagers on how they handle health-related issues," says Walter Rosenfeld, MD, chair of pediatrics, director of the Adolescent/Young Adult Center for Health for Goryeb Children's Hospital at Morristown Memorial Hospital. "I direct them to TeenHealthFX.com."

"TeenHealthFx.com allows teens to find answers to questions they might find awkward or embarrassing to ask either their parents or friends." —Alejandra Urday, 17, member of the teen advisory board for TeenHealthFX.com



Can't Stop the Noise

(but you can lessen the impact)

Many things put children and adults at risk for hearing loss, among them environmental noise.

ACCORDING TO EXPERTS, hearing loss can result from exposure to sounds at 110 decibels for only a minute and a half. Many aspects of living put your hearing at risk, as they are louder than many people think, including:

- concerts
- work-related noise—construction and office machinery (faxes and copy machines)
- recreational noise, such as that experienced while hunting or playing music

"Hearing loss is often very gradual in onset, meaning most people don't realize they are losing their hearing," says Noelle Borsellino, audiologist, supervising licensee for the Hearing Aid Center for Atlantic Rehabilitation Institute. "Noise exposure is also cumulative. Because you may not manifest hearing loss immediately, damage to the tiny structures of your ear has likely begun, even though impaired function has not yet revealed itself. The damage has an additive effect and may not affect a person until later."

Borsellino recommends monitoring exposure to loud sounds and using custom earplugs when appropriate. Custom earplugs filter certain frequencies of sound, reducing loudness while preserving the natural quality of speech and music. These earplugs can help reduce the effect of noise, thereby lessening the chance of damage to the ear.

The Hearing Aid Center at Atlantic Rehabilitation Institute is sponsoring a seminar and luncheon called "The Dual Hearing Advantage—Form, Function and Wireless Connectivity," discussing hearing impairment and the latest advancements in hearing aid technology by Oticon. Join us on Thursday, May 14, from 1:30 to 3:30 pm at Morristown Memorial Hospital; call 800-247-9580 for more information.



For a referral to a Goryeb Children's Hospital pediatrician, call 888-318-7248, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlanticealth.org. To access TeenHealthFX directly, visit TeenHealthFX.com.



Tell a Friend to Get Screened

When health experts in the media suggest that losing a few pounds could benefit your health, you may shrug off that advice. If a friend passes along the same message, you may be more likely to pay attention.

THE SAME IS TRUE when it comes to talking about the importance of annual screening mammograms. Women who are already having mammograms have an opportunity to spread the message to loved ones and friends.

“Word of mouth from loved ones is the single best way to get the message across,” says Paul Friedman, DO, radiologist and medical director for the Carol W. and Julius A. Rippel Breast Center at Morristown Memorial Hospital. “When a female friend tells you the importance of monthly breast self-exams, annual mammograms and clinical breast exams, you are more likely to listen.”

Women visiting the Rippel Breast Center will receive a *Tell a Friend* card after their annual mammogram. It serves as a thank you for visiting the Rippel Breast Center, while part of it can be given to a friend as a reminder to get her mammogram. Please tear out the enclosed *Tell a Friend* card and pass it along to a woman you feel needs a gentle reminder to get screened for breast cancer.

All You Need, All in One Place

If a woman’s mammogram reveals an abnormality, further testing, including breast magnetic resonance imaging (MRI) and biopsies, is available in the same location.

“We’re full-service,” Dr. Friedman says. “We have virtually every service for a woman’s breast care needs—all under one roof.”

The Rippel Breast Center provides women with a seamless continuum of care by a dedicated, compassionate staff that provides personalized attention to detail. Women waiting for mammograms are wrapped in luxurious, spa-like robes.

“When women arrive at the Breast Center, we want them to feel comfortable,” says Renee Trambert, RN, patient care coordinator for the Carol W. and Julius A. Rippel Breast Center at Morristown Memorial Hospital. “Our caring staff will treat you on an individual basis, providing support and education throughout your experience.”



To further promote the *Tell a Friend* program, Morristown Memorial Hospital is hosting an evening with Mariel Hemingway, actress and author, on Thursday, May 7, from 6:30 to 9:00 pm, at the Malcolm Forbes Amphitheater.

Hemingway will be discussing her book, “Mariel’s Kitchen, Simple Ingredients for a Delicious and Satisfying Life,” which will be followed by a question and answer session.



To schedule your mammogram today, call the Carol W. and Julius A. Rippel Breast Center at 888-403-3876. To register for the May 7 event, call 800-247-9580, or visit atlantichealth.org.



Safety for the School-Aged Set

Nearly 2,200 children go missing every day in the United States. Parents aren't powerless in the fight to protect their children.

IN THIS EVER-CHANGING world, it's easy to worry about issues that could put your child's safety at risk.

To help educate parents and teachers on ways to keep children safe, Alan Robinson, director of protection and security services for Atlantic Health, gives tips for safety by age:

- **Kids 5 and younger**—Since children at this stage are cognitively unable to protect themselves from danger, parents or caregivers should be with a child at all times.
- **5 to 6**—Make learning about safety an interactive game with your children. Use fun activities that will help them memorize both parents' legal names, home address and phone numbers.
- **7 to 10**—Playing outside and riding bikes are now favorite pastimes for children. To keep them safe outdoors,

make sure your children know to never approach a car or stranger and to always stay close to home.

- **11 to 17**—Teens and tweens want more responsibilities, such as staying

Cell phones provide instant access to your children and, with certain programs, can even be used to track a missing child. They also require some safeguards to protect your children.

- Use a prepaid plan to limit your child's talk time.
- Set rules regarding usage, such as manners while in public.
- Discuss with your child the dangers of suggestive texting.
- Monitor the phone's activity with a detailed statement.
- Consider giving your child a kid-friendly phone with limited buttons that prevent unwanted usage.

home alone, playing on the Internet or being dropped off at the movies. Use your parental judgment to determine if your child shows he or she is ready for more freedom. Also, make sure you monitor his or her Internet activity and talk to your child about locking doors and not letting strangers inside when home alone.

"Your child may not always know which situations could have harmful consequences," says Atlantic Health's Robinson, who also is a representative of the National Center for Missing and Exploited Children and winner of the FBI Director's Community Leadership Award. "However, you can significantly reduce the chances of your child becoming a victim by teaching him or her what to be aware of and how to react if a dangerous situation should occur."



“The children and safety classes offered by Atlantic Health gave me the opportunity to learn tools and tips on how to keep my children safe. I feel confident knowing that I'm playing a proactive role in protecting my children from harm.”

—Heather Lovecchio, Mendham, mother of three



For a referral to a Goryeb Children's Hospital pediatrician or to gain additional health information, call 888-318-7248, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichhealth.org.

Providing Excellence for Pulmonary Care

If you've been diagnosed with lung cancer, sleep apnea or any other pulmonary disease, you'll need the expertise of a team of medical specialists to determine the best treatment and help you get your life back on track.

THE THOUGHT OF trying to coordinate visits with several different physicians can be daunting, but when they can be found under one virtual umbrella, all you have to think about is following your course of treatment.

The Atlantic Health Pulmonary Center of Excellence combines the expertise of multiple board-certified physicians from a variety of



Moving Forward After a Lung Cancer Diagnosis

A diagnosis of lung cancer is a beginning of a new health chapter, not an end. Once a physician determines a patient has the disease, the real work of treatment ensues.

"One must make a global assessment of the patient's cardiac and pulmonary functional capacity and his or her ability to undergo treatment, as well as a detailed analysis of where the tumor is located," says Mark Widmann, MD, thoracic surgeon and chief of thoracic surgery for Morristown Memorial Hospital. "That information, combined with the stage of the cancer, determines the best treatment strategy."

Whatever stage of cancer you're facing, the Atlantic Health Pulmonary Center of Excellence possesses the physician expertise and advanced technology to help you seek the best possible outcome.

Thoracic surgeons at Morristown Memorial employ video-assisted thoracic surgery, a minimally invasive technique that utilizes small incisions to achieve diagnosis and surgical resection of lung cancer. At Overlook Hospital, CyberKnife® technology is available for select nonsurgical patients with localized lung cancer that requires targeted radiotherapy.

Following surgery, pulmonary rehabilitation may be appropriate to help patients improve lung function and increase strength. The Pulmonary Rehabilitation Center at Overlook tailors exercise regimens to each patient, meaning each person's full treatment plan is customized.

specialties to treat pulmonary diseases across the entire spectrum of care. By being cared for at a Center of Excellence, patients can focus on healing knowing the Center is staffed by experts with specialty pulmonary training who continually conduct advanced research to improve the field of pulmonology.

"Adult and pediatric patients can access the Center through Morristown Memorial Hospital or Overlook Hospital," says Stanley Fiel, MD, internist, pulmonologist and regional chair of medicine for Atlantic Health. "Our multidisciplinary team approach allows for seamless communication among physicians throughout each patient's treatment process."

Navigating Treatment

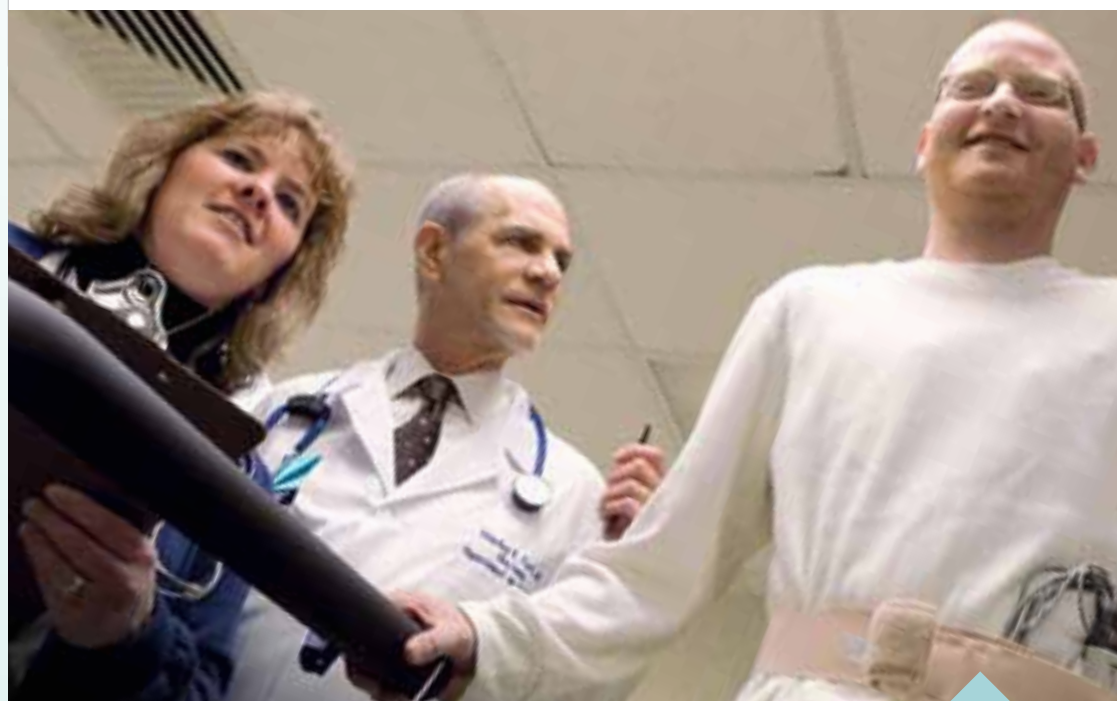
If you're diagnosed with lung cancer, you'll probably need to see an oncologist, thoracic surgeon and other specialists. You also may be interested in seeing a social worker for counseling or enrolling in a smoking cessation course. At the Center, a nurse navigator provides individualized assistance throughout the continuum of care.

"My job is to ease patients' burdens," says Joan Corasaniti, RN, nurse navigator for the Center. "I'll assist them with appointment scheduling while providing education and emotional support. I think we provide the highest quality of care at the Center, and I will connect patients with all the resources available to them."



For a referral to an Atlantic Health physician or to gain additional information about the Center, call 800-247-9580, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichhealth.org.

To speak with the nurse navigator at the Atlantic Health Pulmonary Center of Excellence, call 866-961-8006.



Twenty-two-year-old John Muscarella is successfully fighting the odds given to cystic fibrosis patients. Muscarella, pictured with Stanley Fiel, MD, internist, pulmonologist and regional chair of medicine for Atlantic Health, recently received a double lung transplant, as he was in the end stage of lung disease secondary to cystic fibrosis.

MORRISTOWN MEMORIAL HOSPITAL CALENDAR OF EVENTS

April 28 through June 16, 2009

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

HEALTH AND WELLNESS

- Hypnosis for Smoking Cessation**
Overcome the desire to smoke through group hypnosis.
Wednesdays, April 22 and June 17, 7:00 to 9:00 pm
95 Madison Avenue, Suite B-06
Fee: \$70
- Better Bones for a Lifetime**
Experts discuss diagnosis and treatment options for osteoporosis.
Thursday, April 30, 6:00 to 7:00 pm
Arthritis Center, 95 Madison Avenue
- Arthritis Self Management Program**
Course consists of physiology overview, use of exercise and diet, pain management and pacing activities.
Fridays, May 8, 15, 29 and June 5, 10:00 am to Noon
Arthritis Center, 95 Madison Avenue
Fee: \$20
- The Benefits of the Anti-Inflammatory Diet**
Monday, May 11, 1:00 to 2:00 pm
Arthritis Center, 95 Madison Avenue
- The Dual Hearing Advantage—Form, Function and Wireless Connectivity**
Learn about the latest technology in hearing aids.
Thursday, May 14, 1:30 to 3:30 pm
Morristown Memorial Hospital, Auditorium A and B
- WEIGHT LOSS**
- Medical and Surgical Approaches to Weight Loss**
Tuesdays, May 19 and June 23, 7:15 to 8:15 pm
Metabolic Medicine & Weight Control Center
95 Madison Avenue, Suite 304
To register, call 973-971-7166
- Eating Adjustment After Weight-Loss Surgery**
Every Monday, 10:00 to 11:00 am
Metabolic Medicine & Weight Control Center
95 Madison Avenue, Suite 304
To register, call 973-971-7166
- Gastric Band Surgery Support Group**
Tuesdays, May 12 and June 9, 6:00 to 7:00 pm

SCREENINGS

- Blood Pressure**
Fridays, May 1 and June 5, Noon to 3:00 pm
Parippany Shop Rite, 808 Rt. 46
Monday, May 4, 9:00 to 11:00 am
Madison Area YMCA, 111 Kings Road
Tuesday, May 12, 10:00 am to 1:00 pm
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes
Thursday, May 14, 9:00 to 11:00 am
Somerset Hills YMCA, 140 Mt. Airy Road
- Blood Pressure and Diabetes**
Wednesday, May 13, 10:00 am to 1:00 pm
Berkshire Valley Golf Course, 28 Cozy Lake Road, Oakland
Friday, June 12, Noon to 3:00 pm
Succasunna Shop Rite, 281-031 Route 10
Wednesday, June 17, 10:00 am to 1:00 pm
Flanders Valley Golf Course, 81 Pleasant Hill Road
- National Anxiety Disorders Screening Day**
Wednesday, May 6, 2:00 to 5:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
- Vascular**
Saturday, May 16, 8:30 am to 1:00 pm
Morristown Memorial Hospital
Fee: \$50
- Bone Density**
Thursday, April 30, 5:00 to 6:00 pm and 7:00 to 8:00 pm
The Arthritis Center, 95 Madison Avenue
Wednesday, May 6, 10:00 am to 1:00 pm
Chester Senior Resource Center, 50 Route 24
Monday, June 1, 9:00 to 11:00 am
Madison Area YMCA, 111 Kings Road
Wednesday, June 3, 9:00 to 11:00 am
Morris Center YMCA, 79 Horsehill Road, Cedar Knolls
Thursday, June 18, 10:00 am to Noon
West Morris YMCA, 14 Dover Chester Road, Randolph
All Bone Density Screenings have a fee of \$10.
- Skin Cancer**
Full body skin exam.
Saturday, May 9, 9:00 to 11:00 am
Carol G. Simon Cancer Center, Morristown Memorial Hospital
- DermaView**

CANCER CARE

- Look Good, Feel Better**
Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.
Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd Floor Conference Room
Registration is required, call 800-ACS-2345
- Cervical Cancer Awareness**
Wednesday, May 13, 11:30 am to 1:00 pm
Morristown Memorial Hospital, Auditorium A and B
Presenter: Brian M. Slomovitz, MD, gynecologic oncologist
- Fighting Prostate Cancer With Robotics**
Learn about the da Vinci Prostatectomy and see if you may be a candidate for this procedure.
Tuesday, May 19, 7:00 to 8:00 pm
Morristown Memorial Hospital, Carol G. Simon Cancer Center, 3rd floor Conference Room
To register, call 877-666-1112
- I Cancer Vive**
An eight-week class that empowers patients through mind, body and spirit.
Fridays, 10:00 am to Noon
Morristown Memorial Hospital, Carol G. Simon Cancer Center
To register, call 973-971-6514
- Post-Breast Surgery Program**
Eight-week program for women two weeks to 18 months after surgery.
Tuesdays, May 12, 19, 26, June 2, 9, 16, 23 and 30, 6:00 to 8:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
To register, call 1-800-ACS-2345
- For more information about support groups for cancer patients and their families, call 973-971-6514.*
- CANCER CARE THROUGH INTEGRATIVE MEDICINE**
- Meditation**
Every Monday, 6:30 to 7:30 pm, or Tuesday, Noon to 12:45 pm
1st Floor, Meditation Room
- Sound Meditation**
Tuesdays, April 28, May 26 and June 23, Noon to 12:45 pm

Weight-Loss Surgery Support Group

Tuesdays, May 19 and June 23, 6:00 to 7:00 pm
Metabolic Medicine & Weight Control Center
95 Madison Avenue, Suite 304
To register, call 973-971-7166

Alliance Center for Weight Management

Orientiation about various weight-loss programs offered.
Tuesdays, April 28, May 5, 26, June 2, 9 and 16,
6:30 to 8:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
Presenter: Kim Gately, RD
To register, call 973-971-4555

Hypnosis for Weight Reduction

Wednesdays, April 15, May 13 or June 10, 7:00 to 9:00 pm
95 Madison Avenue, B-06, Conference Room
Fee: \$70

DIABETES WELLNESS

Insulin Basics Education

This one-on-one education program is for any person being treated with insulin.
Appointments are available: Monday through Friday,
8:00 am to 4:00 pm

Medical Nutritional Counseling

Participants with diabetes or prediabetes will learn principles of carb counting, receive a personalized meal plan and have their health concerns addressed. Call your insurance provider for pre-approval.
Appointments are available: Monday through Friday,
8:00 am to 4:00 pm

Gestational Diabetes Education Classes

For those newly diagnosed gestational diabetes patients. Call your insurance provider for pre-approval.
Thursdays, 9:00 to 11:00 am

Diabetes Type 2 Education Class

This class is for the newly diagnosed person with diabetes or someone who has never had diabetes education. Call your insurance provider for pre-approval.
Tuesdays, 5:00 to 7:00 pm, or Thursdays, 1:00 to 3:00 pm

Diabetes Type 1 Pump Support Group

These meetings are for anyone interested in learning more about living with Type 1 diabetes and the newly available technologies for people using insulin or insulin pumps.
Thursday, June 4, 7:00 to 8:00 pm
Department of Medicine Conference Room, 4th Floor

Diabetes programs are held at the Anderson Building B, Adult Diabetes Center, Morristown Memorial Hospital, unless otherwise noted. To register, call 973-971-5524.

Examine your face for sun damage.

Thursday, June 11, 10:00 am to 1:00 pm
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes
Tuesday, June 23, 9:00 to 11:00 am
Somerset Hills YMCA, 140 Mt. Airy Road, Basking Ridge

ALTERNATIVE MEDICINE



Yoga and Pilates for Those With Osteoporosis and Arthritis

Saturday, June 13, 10:00 am to Noon
Fee: \$25

Mindfulness-Based Stress Reduction for Teens

Saturday, May 16, 10:00 am to Noon
Saturday, May 16, 1:00 to 3:00 pm
Fee: \$25 each

ADHD and Family Art Therapy

Tuesday, April 28, 5:30 to 6:45 pm
Fee for parent and child: \$45

ADD/ADHD and Art Therapy

For ages 6 to 10—this series will help to improve social skills and self-awareness.

Wednesdays, May 13, 20 and 27, 4:30 to 5:45 pm

Fee for this series: \$90

Heart Feelings

Children express sadness, due to the loss of someone special, through art and visuals.

Tuesday, April 28, May 5, 12, 19 and 26, 4:00 to 5:15 pm

Series fee: \$125

To register, call 1-800-247-9580

Asperger's Syndrome

For ages 13 to 17, this creative arts social group will work on developing the individual.

Wednesdays, April 29, May 6 and 13, 6:00 to 7:15 pm

Fee for the series: \$125

Make Your Mark

For girls ages 13 to 17, this creative group will explore feelings through a series of artistic outlets.

Thursdays, April 30, May 7 and 14, 3:30 to 4:45 pm

Fee for the series: \$125

Energy Balance Through Chakras

The art of energy aimed at specific areas of the body.

Saturday, June 13, 1:00 to 3:00 pm

Fee: \$25

All Alternative Medicine programs are held at the Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue. For more information or to register, call 973-971-4575.

To register, call 973-971-5919

Oigong/Tai Chi

Mondays, 6:00 to 7:00 pm
1st Floor, Mind/Body Conference Room

Gentle Yoga

Wednesdays, 11:00 am to 12:15 pm
1st Floor, Mind/Body Conference Room

Restorative Yoga

Thursdays, 1:00 to 2:15 pm
1st Floor, Mind/Body Conference Room
Therapeutic Touch
Tuesdays, May 5, 12 and 19

Meditation Room

To register, call 973-971-4063

Healing Through Drumming

Tuesdays, April 28, May 26 and June 23, 7:00 to 8:30 pm
To register, call 973-971-5919

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

SUPPORT GROUPS



Osteoporosis

Third Thursday of every month, 10:30 am to Noon
Madison Area YMCA, 111 Kings Road

Fibromyalgia

First Wednesday of every month, 6:30 to 8:30 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Room 222
To register, call 973-267-2293, x2012

Stroke

Thursdays, May 21 and July 16, 1:00 pm
Atlantic Rehabilitation Institute, Conference Room 222, 95 Mount Kemble Avenue
To register, call 973-971-4659

Arthritis, Spondyloarthritis

Saturday, May 2, 10:00 am to Noon
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
Call 973-476-8976

CHILDREN AND PARENTING



Children and Parenting programs are held at Morristown Memorial Hospital, 100 Madison Avenue. For more information or to register for a class, call 973-971-5027 or visit the Parent Education page of the Atlantic Health website. Classes all have a minimal fee.



Controlling Your Health

Comprehensive weight-loss management can be the key to reducing the risk of major illness, including diabetes and heart disease.

THE CENTERS FOR Disease Control and Prevention says that up to 50 million Americans have metabolic syndrome, a group of health risks that include abdominal obesity and high blood pressure and increases the risk of diabetes and doubles the risk of cardiovascular mortality. You may have metabolic syndrome if three of the following apply:

- your waistline exceeds 40 inches (men) or 35 inches (women)
- your fasting blood sugar is higher than normal, which is generally 70 to 100 milligrams of glucose per deciliter of blood
- you have high blood pressure
- your high-density lipoprotein cholesterol levels are lower than normal
- your triglyceride levels are high

A Comprehensive Approach to Weight Loss

If you have risk factors associated with metabolic syndrome or are significantly overweight, start with a consultation at the Metabolic Medicine & Weight Control Center at Morristown Memorial and Overlook hospitals. The Center offers the entire spectrum of weight-control therapies, from nutrition, exercise, behavior modification and pharmaceuticals to bariatric surgery.

“Once you recognize the real possibility of weight-related illness, the imperative for meaningful weight control becomes crystal clear,” says Michael Rothkopf, MD, medical director of the Metabolic Medicine & Weight Control Center and internal medicine physician for Morristown Memorial Hospital. “The dedicated staff at this

unique Center is prepared to thoroughly evaluate each patient and provide personalized treatment.”

Team of Specialists

One of the advantages of the team approach is bringing together a wide range of services in support of one goal.

“We offer weight-loss treatment options for everyone, coordinating multiple practitioners to provide comprehensive solutions,” says Kelly Iorillo, registered dietitian, manager for the Center. “We are here to support patients on their individual weight-loss journeys from start to finish.”

When Is Surgery the Right Option?

Trust the dedicated staff of the Metabolic Medicine & Weight Control Center to help you achieve optimal health through monitored weight loss. Patients from ages 18 to 70 are educated about their options, including minimally invasive bariatric surgery, which can speed weight loss and resolve conditions such as diabetes.

“Bariatric surgery is a tool that has incredible potential for patients with the proper screening and education,” says Ajay Goyal, MD, medical director for the Center for Advanced Bariatric Surgery at Overlook Hospital. “Patients should keep in mind it’s not a quick fix, but something that requires diligence and commitment on their part.”

Since its inception in 2004, the bariatric surgery program has had zero fatalities and no dangerous drainage from incisions, and the program has been named a Center of Excellence in Bariatric Surgery by the American Society of Metabolic and Bariatric Surgery, the Surgical Review Corporation, and Health Net and Aetna Insurance companies.



For more information about the Metabolic Medicine & Weight Control Center, call 888-320-3546 during daytime hours, or visit atlanticealth.org.



My Baby Expectations is one of several ways Morristown Memorial and Overlook hospitals deliver health care news directly to a person's email account.

Other electronic news alerts available include:

- **My Health Newsletter**—Get a monthly, personalized e-newsletter that contains recent articles from 350 of the country's leading publications.
- **My Health Reminders**—Receive free, timely reminders for key screenings and exams.
- **My Health Links**—Get a direct connection to an up-to-date directory about specific health needs.

"Having more than 15,000 subscribers, these e-health newsletters feature personal articles and offer the latest health care information," says Laurel L. Sohigan, manager of web content for Atlantic Health. "The e-newsletters available through our website provide patients with the news they need, dates for upcoming events and information about free screenings and support groups available in our community."

To sign up for your free newsletter, visit atlantichealth.org and click on "Free monthly e-Health Newsletters."

Surf Through Parenthood With *My Baby Expectations*

When Kelly Colucci of Somerset County and Shannon Walker of Essex County learned they were expecting, both women sought guidance online. What they found was My Baby Expectations from Morristown Memorial and Overlook hospitals.

MY BABY EXPECTATIONS e-newsletters lead parents-to-be through the process of having a baby, from information about pregnancy programs and events to tips for preparing the home for baby. You can even download musical lullabies and informative podcasts.

"The information found in My Baby Expectations is reliable and provides a great knowledge of health care," says Colucci. "It also allows you an opportunity to learn what to expect as a first-time parent. You can gain more perspectives and information about what you are now or will soon experience."

What You Need, When You Need It

My Baby Expectations newsletters are designed to provide parents an opportunity to keep up with the latest developments in health prevention.

"What is so neat about this particular newsletter, which goes out on a monthly basis via email, is that it is a convenient way for a working mother to obtain information right at her desktop," Walker says. "It is a wonderful source of information for first-time parents

to have their questions answered accurately."

The e-newsletters are delivered to expectant parents during each specific month of their pregnancy, and each month of the baby's first year; after that parents have the opportunity to receive information about Goryeb Children's Hospital and health topics pertaining to kids.

"These e-newsletters are another avenue women can turn to in order to receive information about classes and services available for them to attend during various stages of their pregnancies and after the baby is born," says Amy Gole, RNC, manager of parent education and breastfeeding support for Atlantic Health. "They are a great way for a lot of busy moms to take time to learn more about how their bodies are changing and obtain vital information in becoming a first-time parent."



To learn more about all of the e-health resources Atlantic Health offers, go to myatlantichealth.org.

Changing Lifestyles

to Prevent Heart Disease



IN ROUGHLY THE TIME it takes to read this article, three Americans will die from a coronary event, a rate of one death per minute. Just as important as the human toll of heart disease is the economic one: The estimated direct and indirect cost of heart disease in 2008 was \$156.4 billion.

The good news, however, is that overall heart disease death rates decreased by 59 percent between 1950 and 1999. To keep the numbers dropping, it's vitally important to invest in prevention to stop heart disease before it starts.

"Prevention is key. We're here to help those who have heart disease, but we also want to help healthy people avoid it, or at least delay it," says Lorri B. Katz, registered dietitian, nutritionist for Gagnon Cardiovascular Institute's Changing Lifestyles program. "We want to

The most potent weapon in the fight against heart disease—the leading cause of death in the United States—is not an advanced surgical procedure or cutting-edge technology, but something much more basic: prevention.

reach out to the community to teach them that it's important to not only follow a healthy anti-inflammatory diet, but to examine a person's lifestyle, find out what could be hurting his or her health, and find ways to change those behaviors to improve well-being."

At Gagnon Cardiovascular Institute, we're doing just that. Changing Lifestyles, a program specifically geared toward prevention, strives to help people

decrease their chances of developing heart disease, one risk factor at a time.

A New Program for a New Facility

"When we looked at areas of focus for the new Gagnon Cardiovascular Institute, we decided prevention needed to be high on the list," says Emilie Rowan, coordinator of cardiac integrative medicine for Gagnon Cardiovascular Institute. "Changing Lifestyles addresses four pillars: physical activity, nutrition, stress relief and individual support. I'm not only pleased with the way the program is structured, but with our beautiful new home as well."

The Changing Lifestyles space at the new Gagnon Cardiovascular Institute at Morristown Memorial Hospital possesses a spa-like feel, with two rooms

for individual counseling sessions and two rooms for lifestyle coaching and nutritional consultations. A multipurpose room with a demonstration kitchen is perfect for heart-healthy cooking lessons and practicing yoga, while a meditation room provides a space for introspection.

Socialization is a key component of Changing Lifestyles.

"If your goal is to lose weight, it's much easier to do if you're surrounded by encouraging, supportive people," Katz says. "It's easy to form those kinds of relationships in this program."

Participants in Changing Lifestyles undergo an initial screening and set goals for themselves based on the four pillars.

Physical Activity

Exercise is a key component of a heart-healthy lifestyle, and one that involves more science than many think. In Changing Lifestyles, you'll learn what type of exercise is right for you and how to balance it with your other activities.

"Part of a healthy exercise regimen is knowing your maximum heart rate and being sure not to exceed 70 percent of that number during exercise [to prevent overexertion]," says Frank Smart, MD, chair of cardiovascular medicine for Gagnon Cardiovascular Institute. "To calculate your maximum heart rate, subtract your age from 220."

To get the best workout, spend 80 percent of the time on aerobic training and 20 percent on resistance training. Strive for 20 minutes of vigorous aerobic exercise four days a week, and once you're comfortable, you can lengthen your workout.

Nutrition

Changing Lifestyles includes several classes on heart-healthy cooking in the demonstration kitchen,

Changing Lifestyles recently partnered with Whole Foods of Madison to offer monthly heart-healthy cooking classes to the community. A Whole Foods chef will prepare a delightful meal, while participants will get to sample the offerings.

Classes are scheduled for the last Saturday of each month. Call 866-430-0234 to register.

Services Created for You

In order to improve the heart health of our community, Atlantic Health designed the Changing Lifestyles program. Here is a sampling of what we offer.

Lifestyle Screenings: \$20 per half hour session

Individual Nutritional Counseling:

\$20 per half hour session

Weight-Loss Support Groups: \$10 each session

Healthy Cooking Classes: \$20 each

Meditation: \$10 per class

Massage: \$20 per half hour session

Stress Reduction Techniques Weekly Lecture

Series: \$10 per class

Jin Shin Jyutsu: \$10 per class

Heart Math: \$20 per half hour session

Mind-Body Exercise: (\$10 per class)

- Yoga
- Tai Chi
- Qi Gong
- Pilates
- Social Dancing
- Walking Groups

Emotional Support: \$20 per half hour session;

\$40 per hour session

- Lifestyle Coaching
- Integrated Holographic Healing
- Smoking Cessation

Located in the lobby of the new Gagnon Cardiovascular Institute, Changing Lifestyles encompasses 2,200 square feet of serene, light-filled space featuring massage and treatment rooms, a fully equipped *Top Chef*-style kitchen classroom, and a suite of private offices for individual counseling sessions.

as well as instruction on organic foods and the uses of different kinds of vegetables.

In addition, some class sessions will be held at grocery stores to teach the importance of label reading and how to choose healthy foods.

Stress Relief

Group sessions in yoga, meditation and Tai chi can help you leave stress behind, while individual massage or acupuncture sessions help the body relax.

"A lot of times our bodies forget what not being stressed feels like," Rowan says. "We invite people to try all our different resources until they find something that works for them."

Lifestyle Coaching

This model allows participants to discuss their objectives and receive feedback from a lifestyle coach in a much more proactive way than traditional counseling.

"A lifestyle coach will help an individual understand his or her behavior and suggest ways to change it," Rowan says. "Lifestyle coaches want to see clients implement changes and build on them."



To learn more about Changing Lifestyles at Gagnon Cardiovascular Institute or to register for a class, call 866-430-0234. For a referral to a cardiologist, call 800-247-9580, or visit atlantichhealth.org.



Crustless Smoked Salmon Quiche With Dill

Looking for a recipe to make your Mother's Day brunch special? Try this healthy twist on a classic dish. The salmon will give your body much-needed omega-3 fatty acids, while the dill will flavor the day.

INGREDIENTS

- 1¼ cups fat-free evaporated milk
- ¼ cup fat-free sour cream
- 1 teaspoon Dijon mustard
- 4 large egg whites
- 1 large egg
- ½ cup (2 ounces) shredded smoked Gouda or cheddar cheese
- ½ cup thinly sliced green onions
- 1 six-ounce can skinless, boneless salmon or ½ cup (about 4 ounces) thinly sliced smoked salmon, chopped
- 1 tablespoon fresh dill, chopped
- ½ teaspoon black pepper
- cooking spray

DIRECTIONS

Preheat oven to 350 degrees Fahrenheit. Combine the first five ingredients and whisk together. Stir in the cheese, onions, salmon, dill and pepper. Pour mixture into a 9-inch pie plate coated with cooking spray. Bake for 35 minutes or until set and let it stand for 15 minutes before serving.

NUTRITION

Servings: 8
Calories: 95
Fat: 3g
Cholesterol: 37mg
Sodium: 223mg
Carbohydrates: 7.5g

TIP: Try it in a muffin tin for individually portioned servings, but remember that you may have to reduce the cooking time.

To register for a healthy cooking class at Gagnon Cardiovascular Institute's new program, *Changing Lifestyles*, call 866-430-0234.

Source: Cooking Light, July 2002.



Passport to Health

When packing to travel abroad, don't overlook potential health and safety issues.

ALTHOUGH INTERNATIONAL TRAVEL is often fun and exciting, it is important to remember that many countries do not have the same health standards as the United States. Being cautious when eating, drinking and visiting non-tourist destinations is essential for a safe trip.

When traveling abroad, be sure to:

- Research the country in advance to become knowledgeable as to what diseases are prevalent and ways you can reduce your risk of infections or viruses.
- Make an appointment with your physician for your immunizations at least two months before your vacation.
- Create a list of items commonly found in your destination that are and are not safe for consumption.

"Travelers need to plan not only their travel itineraries but also consider their own health concerns when traveling abroad," says William B. Felegi, DO, medical director of TRAVEL M.D.® and vice chair of the department of emergency medicine for Morristown Memorial Hospital. "If you take precautions, you won't have to worry."

Washing your hands frequently and applying a good insect repellent will lessen your chances of contracting a viral infection or disease, especially when outdoors.

"Washing your hands is so important because you're constantly touching your eyes, nose and mouth, which are all perfect places to transfer viral infections," says Karen Williams, manager of infection control for Morristown Memorial. "In addition, many diseases are transmitted through mosquitoes, so wearing clothing that exposes as little skin as possible is a good practice for prevention."

Help at Hand

Staffed by physicians who specialize in travel-related medicine and immunization from Morristown Memorial and Overlook hospitals, TRAVEL M.D. is offered as your one-stop source for health knowledge on international travel, providing pre-travel counseling, preventive medication and immunization information. Post-travel follow-up appointments also are available.

Tips for Traveling Overseas

- Implement these tips for remaining healthy and having fun while sightseeing.
- Get your prescriptions filled before leaving to ensure you have enough medicine for your trip.
- Set your lights to timers that turn on at different times, as you want your house to appear as if someone is home.
- Carry a small first-aid kit that includes antiseptic, bandages and medicine for motion sickness and diarrhea.
- In less-developed countries, avoid eating raw vegetables and fruit and undercooked meats and fish that may have been caught in polluted waters.
- Exercise, eat a healthful meal and change your sleep habits to match your destination the day before your flight to minimize the affects of jet lag.
- Limit the amount of cash you carry, spending on your credit cards instead—you can't replace cash if it's stolen or lost.



To learn more about TRAVEL M.D., call 888-337-0063 during daytime hours, or visit atlantichhealth.org.

The Healing Flow of Energy

For Reiki practitioner Sema Tihan, the most rewarding element of her practice is when her clients open their eyes after a session and express how much more relaxed and at peace they feel than when they came in.

TIHAN'S CLIENTS AREN'T alone in their assessment of complementary medicine's value. A survey released by the National Center for Complementary and Alternative Medicine found that a growing number of adults use some form of complementary medicine, which includes massage, meditation, breathing exercises and guided imagery. A growing number of children—approximately 12 percent—also are reaping the benefits of complementary medicine.

"While Western medicine focuses mainly on healing the physical body, Reiki heals on many levels, not only the physical, but the emotional and spiritual as well," Tihan says. "Complementary therapies bring the body back to balance, resulting in stress relief and calm that enables healing and acceptance after traumatic experiences like a cancer diagnosis."

A Closer Look

In a spa-like room at the Carol G. Simon Cancer Center at Morristown Memorial Hospital, Tihan provides Reiki treatments, which involve the placement of gentle hand positions to the head and torso to the sounds of a soothing waterfall and soft, relaxing music. These half-hour sessions—provided at no cost to cancer patients and their caregivers—are just one facet of the complementary treatments available through Atlantic Health's comprehensive program.

"Complementary treatments are available in conjunction with many of our other programs, including pediatrics, outpatient medicine, cardiology and obstetrics and gynecology," says Nancy Cotter, MD, medical director of integrative medicine for Morristown Memorial and Overlook hospitals. "The vast array of treatments, including therapeutic

touch, polarity therapy and Reiki, can be combined with most any traditional therapy to produce positive results."

Feel the Energy

The term "energy medicine" encompasses a broad variety of complementary therapies—many of which are available to Atlantic Health patients.

- **Healing touch** uses energy to aid healing. By using light touches across various energy pathways, patients receive an increased sense of balance and tranquility.
- **Jin Shin Jyutsu** involves using pressure and touch to promote the opening of energy passageways across the human body. While a trained practitioner may perform it, self-help techniques can be taught to allow anyone to harness the relaxation benefits after a stressful day.
- **Polarity therapy** is a mixture of acupressure, Ayurveda, craniosacral balancing, reflexology, therapeutic touch and yoga. Many chemotherapy patients using this treatment have reported decreased nausea and an increased sense of peace.

Cancer patients at the Carol G. Simon Cancer Center at Morristown Memorial Hospital can sign up for free Reiki I Self Care and Self Treatment classes, which are taught at Morristown Memorial.

For more information about energy medicine programs offered to the public at a small fee, call 866-430-0234.



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