

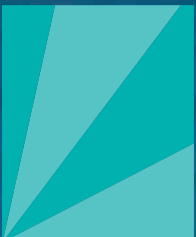
Well Aware

The Healthy MAN

**Team Up for
Fitness**

**Understand
Nutrition Labels**

**Know Your
Skin's ABCs**



**Morristown
Memorial
Hospital**

ATLANTIC HEALTH
THE PASSION TO LEAD



from the CEO

Dear Friend,
Patients and community members are the driving force behind Atlantic Health's commitment to continually improve the care and services we provide. It is the essential feedback from the community that provides us with direction in developing community outreach programs, screening programs and even health stories within the pages of *Well Aware* magazine.

Each issue, we request readers' thoughts and opinions on the topics we cover. As you read this issue, and subsequent versions of *Well Aware*, you may notice notes on certain pages indicating that a story was inspired by a reader's letter. We see our readers and patients as dedicated partners in the care we provide, and this is one way in which we use your ideas to direct the service we provide.

It is our goal with this magazine to allow you to better care for your health and the health of your family. When care at home does not prove to be enough, turn to the experts at Atlantic Health to ensure your well-being.

Sincerely,

Joseph A. Trunfio
President and CEO
ATLANTIC HEALTH

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@atlantichealth.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.

Mary Montes of Westfield sent this issue's winning letter. Her note about the group of mothers who exercise together served as inspiration for the story on page 3.

Mary Montes and her morning running crew



Dear *Well Aware*:

I have been walking and running with a group of fellow mothers since April 2008. We meet in a local park at 5:30 am so that we can exercise before our hectic morning routines begin with our husbands and children.

This was our first winter together, so much of our discussions has centered around the weather and proper attire to keep us warm—and not eventually overheat as we work up a sweat during these cold, dark mornings! I am bringing a copy of the article "Protect Yourself Against Frost and Strain" (Winter 2008/Vol. 3 No. 5) to share your tips with my morning crew. There are many helpful tips—including the advice to stretch in order to avoid muscle strain in the cold weather—and the tips for choosing the correct layers of clothing.

Thank you. Hopefully your tips will help to keep us going!

Mary Montes, Westfield

WINNER'S LETTER





Friends +Motivation

A Healthier YOU

If the idea of exercising on your own has been pushed to the corner along with an unused treadmill collecting dust, why not try a new approach? Join a group of friends for a walk outside or take a stroll down the road for healthier living.

"ON AVERAGE, a person working out alone has a 50 percent chance of losing interest with her whole routine," says Dixie Douville, RN for Gagnon Cardiovascular Institute and president and head coach of Girlfriends in Training (a walk/run training group for women). "Being in a supportive group where each member has a goal of reaching his or her individual best is a great way to help maintain long-term health."

Let's Get Together

Walking and talking provides a chance to lower stress and also helps each person conquer personal fitness plateaus. Constantly keeping pace with each other stretches individual expectations and raises energy levels while providing an opportunity to keep tabs on one another.

"The idea that friends are waiting for you makes you accountable to them and yourself," says Mary Montes, Westfield resident, wife

and mother of four who exercises several early mornings each week with a group of friends. "Friends help change each others' mindsets about exercising and turn it into an enjoyable experience."

Getting MORE

Walking around the neighborhood can gradually lead to completing marathons. On April 26, 2009, the members of Girlfriends in Training took on the MORE® Half Marathon at Central Park in New York, sponsored by MORE magazine. The walk/run race is for women ages 12 and older and provides a way to push the limits of what has been learned during training.

"It's not about winning races, but setting goals and doing your best to achieve them," says Sheila Pra Sisto, Mount Olive resident, Girlfriends in Training staff member. "That's why having a support group really helps, because we all push each other along."



"You don't have to be at any specific fitness level to begin a walking program. All you need is a good pair of shoes and the desire to make improvements toward a healthier lifestyle. It is the most profitable form of exercise and is not only great for the cardiovascular system, but light on the joints."

—Cheryl Beneduce-Bock, Califon, walking training coach for Girlfriends in Training, who is pictured with Linda Freeman, Sharon Masiello, Linda Holland, Laura Kowalewski and Sheila Pra Sisto.

Mother/Baby Exercise

At Morristown Memorial and Overlook hospitals, expectant and new mothers can participate in pregnancy, childbirth, early childhood development, exercise and postpartum service activities taught by experienced instructors.

"Mothers can feel isolated and withdrawn while at home," says Amy Gole, RNC, manager of parent education for Morristown Memorial and Overlook hospitals. "Getting out of the house with their babies and joining in educational and physical activities benefits mothers psychologically by providing a support network and goals for healthy living."

Atlantic Health provides classes for both physical and mental health. Turn to the calendar on pages 8 and 9 for more information, or visit atlantichealth.org.



» Focusing the Spotlight « on Men

This June, celebrate the lives of men through lifesaving screenings and advanced treatments.

ABOUT ONE IN 10 men learns he has prostate cancer during his lifetime. It is one of the most common forms of cancer diagnosed in men over age 50, but fortunately, the disease is highly treatable when detected early. Celebrate Men's Health Month this June by beginning regular prostate cancer screenings that could save your life.

"Even though thousands of men have prostate cancer, for the vast majority of them, the condition is not fatal," says Arthur Israel, MD, director for the Peter B. Doherty Men's Cancer Center at Morristown Memorial Hospital. "Early detection through health screenings, such as prostate-specific antigen tests and digital rectal exams, is key to better outcomes for prostate cancer patients."

You Have Choices

Men recently diagnosed with prostate cancer have a variety of options, from targeted radiation therapy to advanced minimally invasive surgery. Robotic prostatectomy using the da Vinci®

Surgical System gives surgeons an enhanced view of delicate anatomical structures and unparalleled surgical precision capabilities.

"This type of surgery has improved the cancer margin rate for patients with low-risk cancer," says Ayal Kaynan, director of minimally invasive and robotic surgery for Morristown Memorial Hospital. "In our experience with robotic surgery, patients have minimal bleeding, short hospital stays, a quick return to general activities such as driving, and a faster return to urinary control and sexual function. Because of our enhanced accuracy, we are better preserving patients' quality of life."



For a referral to a Carol G. Simon oncologist, call 888-850-2431, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlanticealth.org.

 **INSPIRED BY MARK GOLDSTEIN'S,
RANDOLPH, FEEDBACK LETTER**

Men, Maintain Your Health

Manage your health routine with regular screenings and help ensure better health throughout your lifetime. Follow this guide to health exams—including a breast cancer screening.

- Between the ages of 18 and 49, make regular visits to your physician and undergo tests for blood pressure, cholesterol, body mass index and blood glucose levels. These exams should continue throughout your lifetime.
- Perform monthly self-exams of your testicles and breast tissue to detect any unusual lumps that might be cancerous. Speak with your physician about any family history of cancer that may require early screening.
- At age 50, schedule prostate and colorectal cancer screenings. Continue fecal blood occult testing annually and colonoscopy once a decade. Talk to your physician about earlier prostate cancer screenings if you are African-American or your father or brother developed the disease.
- At age 65, talk to your physician about screening for abdominal aortic aneurysm if you have smoked.

FITNESS FUN for the School-Age Set

Children are spending less time being active outdoors and more time inside bonding with video games and TV shows.

IN NEW JERSEY, the percentage of overweight children between the ages of 6 and 12 has more than doubled in the last 30 years. The rate has tripled among adolescents.

For parents and teachers who are seeking ways to combat these statistics, help is available locally.

Launched in 2008, the Kid Fitness, Instruction and Therapy (kid-FIT) program at Goryeb Children's Hospital at Morristown Memorial Hospital uses modern technology and common sense to guide children toward better lifestyle choices. The program is an innovative, physician-referred plan designed to attract children at risk for obesity and prevent it from developing. However, kid-FIT is much more than a program for overweight kids.

"This new program seeks to educate children and parents on making nutritional changes in the home and exploring ways to incorporate physical activity into everyday living," says David Scott, program coordinator for kid-FIT. "A therapist also is on hand to help children and families achieve their goals."

Got Game?

Matt Rotolo, 12, decided to give the Kid Fitness, Instruction and Therapy (kid-FIT) program at Goryeb Children's Hospital at Morristown Memorial Hospital a try after his primary care physician told him and his mother, Cynthia, about the program. For Matt, who plays center for the Clinton Township Community Basketball League, it was all about improving his game.

"I wasn't playing up to my potential," Matt says. "kid-FIT really helped. I lost 10 pounds in about four months and am in much better shape. My coach is really happy—I'm running faster and blocking better."

kid-FIT has a program for teens and preteens like Matt—ages 12 to 21—and a separate program for children ages 6 to 11. Children who participate in kid-FIT can continue to take advantage of the program until they reach adulthood.

Get With the Program

Once a child is referred to the program, he or she is given an electronic SenseWear® armband to wear for five days. The armband tracks the child's level of physical activity, energy expenditure, amount of sleep and other health-related information. During the same period of time, the child's family keeps a food log to record eating habits.

Once data are collected, kid-FIT fitness counselors, nutritionists and therapists work together to develop a healthy lifestyle plan specific to that child. These individualized treatment plans are periodically reviewed to ensure specific needs are addressed. The program's checkups require a nominal fee, and financial assistance may be available.

"It's important for Atlantic Health to partner with the community," says Arthur Atlas, MD, pediatric pulmonologist for Goryeb Children's Hospital. "By investing in the health of children in our community, we are investing in the future of New Jersey."

"You don't have to be chubby or anything to be in this group. The main goal is to make smarter choices to live a healthier life, which is good for everybody."

—Matt Rotolo, 12, kid-FIT participant



To register for this program, call 888-297-6928, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichealth.org.



Know Your ABCDEs of Skin Cancer

You take note of the moles on your body, ensuring they haven't changed in size—a telltale sign of skin cancer. Do you know how to spot the other signs of the disease?

MANY MOLES AND other growths on the skin are harmless, but some aren't. In fact, more than 2,300 new cases of one form of skin cancer—melanoma—were diagnosed in New Jersey last year, according to the American Cancer Society. To help detect skin cancers early, when they are most treatable, perform routine skin examinations, have a doctor inspect your skin annually and see a physician if any spot on your skin exhibits:

- A** **Asymmetry**—one half is unlike the other half
- B** **Border**—irregular, scalloped or poorly defined edges
- C** **Color**—varied from one area to another, in shades of tan, brown, black and less commonly, red or blue
- D** **Diameter**—melanomas are usually around the size of a pencil eraser
- E** **Evolving**—a mole or skin lesion that looks different than others or is changing in size, shape or color

"When you check your skin, the most important thing is to look for new moles or moles that have changed," says Eric Whitman, MD, board-certified surgical oncologist and director for the Atlantic Melanoma Center, a clinical and research Center of Excellence within the Carol G. Simon Cancer Center of Morristown Memorial and Overlook hospitals. "Many times, the moles that have been on the body longest are the more dangerous ones. Even if you have had a mole for years, if it suddenly starts to change, have the spot checked out."

Find out if you have any sun damage on your face with Atlantic Health's DermaView Skin Analyzer. DermaView uses ultraviolet light to form images that show areas of sun damage invisible to the naked eye. For more information about DermaView or the next available screening opportunity, turn to the calendar on pages 8 and 9.

Batter Up for Sun Safety

Your son doesn't want to slather on sunscreen before he goes outside to throw a baseball around with friends, even though he knows it protects his skin. He might think differently if he knew that some big-time baseball players are doing everything they can to help ensure that they, their loved ones and the general public avoid skin cancer.

Since 1999, Major League Baseball (MLB) has partnered with the American Academy of

Dermatology to raise awareness about skin cancer. Through the Play Sun Smart™ program, players from all 30 MLB teams—including New York Mets' pitcher Johan Santana—speak out about ways to prevent skin cancer, including:

- applying a sunscreen with a sun protection factor (SPF) of 30 or higher at least 30 minutes before going outside
- avoiding the midday sun
- wearing a hat outdoors



For a referral to an Atlantic Health dermatologist, call 888-231-5137, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichealth.org.

INSPIRED BY MARY BETH COWLEY'S,
HANOVER TOWNSHIP, FEEDBACK LETTER



Put Your Best Foot *Forward*

Q: How can I prepare my feet for summer?

People should start preparing their feet for summer during winter months, especially if they suffer from problems, such as athlete's foot and nail fungus. If over-the-counter remedies fail, people should seek medical help from a podiatrist to help them choose the best treatment option.

Find the Shoe for You

People should look for a shoe that has a stiff sole from the heel to the middle of the foot. This is especially important for those with low arches who need more stability. The shoe also should be comfortable and fit across the front of the foot.

"The best time to purchase shoes is at the end of the day when the foot is largest because of accumulated swelling from standing all day," says Mark Solomon, DPM, board-certified foot and ankle surgeon for Atlantic Health. "Another guideline is to avoid flip-flops altogether. However, sandals can be made to give patients the support they need within a stylish shoe."

Treatments may include medication or cream. A new laser treatment is also available for those patients who experience nail fungus, meaning they won't have to take oral medications. The procedure is painless and takes approximately 30 minutes.

Q: Do flat feet lead to bad knees?

Very often, a flat foot can contribute to knee pain and may cause the knees to turn in, a condition commonly referred to as knock-knees. This enhances the pressure behind the kneecap and on the outside of the knee joint. It also increases the stress on the soft tissue structures of the inner part of the knee.

Q: Do athletes need to prepare their feet for summer in a different way than non-athletes?

Whether affecting a serious athlete or someone getting back into shape, knee pain is particularly common, especially

in runners. Many are surprised to learn that feet are one of the major components in knee pain. A podiatrist can provide education on exercises designed to help prevent knee pain, such as evenly dispersing pressure over knee joints, which works great for patellofemoral syndrome (one of the most common causes of knee complaints in patients).

—Mark Solomon, DPM, board-certified foot and ankle surgeon for Atlantic Health



Mark Solomon, DPM



For a referral to an Atlantic Health podiatrist, call 888-842-7156, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlanticealth.org.

MORRISTOWN MEMORIAL HOSPITAL CALENDAR OF EVENTS

June 16 through September 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 atlantichalth.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

14th Annual Community Health Day

A great day filled with valuable information from health care experts. Free health screenings.

Saturday, September 12, 9:00 am to 1:00 pm
Headquarters Plaza Complex
Registration is required for all screenings.

OPEN HOUSE: Changing Lifestyles

Join us for a free introduction to Changing Lifestyles, a new program offered at the Gagnon Cardiovascular Institute. Tour our spa-like center while you explore opportunities to regain control of your health and lifestyle. Free screenings and demonstrations, along with a comprehensive introduction to our program, will get you to think about your life in a new way. Nutrition, exercise, integrative medicine for stress reduction and emotional support are just some of the highlights of the program.

Saturday, September 26, 9:00 am to 4:00 pm
Gagnon Cardiovascular Institute at Morristown Memorial Hospital
To register, call 800-247-9580
For more information about the program, call 973-971-6301

Hypnosis for Smoking Cessation

Wednesdays, June 17 or August 19, 7:00 to 9:00 pm
95 Madison Avenue, Suite B-06
Fee: \$70

Are You Ready to See?

Learn about Lasik eye surgery's benefits and risks.

Thursday, July 16, 7:00 to 8:00 pm
Bernardsville Library, 1 Anderson Road
Presenter: Marta Lopatynsky, MD

My Aching Joints

Learn about total joint replacement.

Tuesday, July 14, 7:00 to 8:00 pm
Rockaway Library, 61 Mt. Hope Road
Tuesday, August 11, 2:00 to 3:00 pm
Crane's Mill CCRC, 459 Passaic Avenue, West Caldwell

WEIGHT LOSS

Medical and Surgical Approaches to Weight Loss
Tuesdays, July 14, August 11 and September 8, 7:15 to 8:15 pm

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

Fighting Prostate Cancer With Robotics

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

Tuesdays, July 21 and September 15, 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.

Tuesday, September 15, 6:00 to 8:00 pm
Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
To register, call 973-971-6299

Reinventing Your Life After Cancer

Eight-week course provides you with the tools you need to go from cancer patient to cancer survivor.
Dates and times to be determined

Morristown Memorial Hospital, Carol G. Simon Cancer Center

Smoking Cessation

A six-week program for cancer patients and their families.
Call for dates, 973-971-7971

SUPPORT FOR CANCER PATIENTS AND THEIR FAMILIES

Prostate: US TOO

First Tuesday of the month, 7:30 to 9:30 pm
Malcolm Forbes Amphitheater*

Metastatic

Fourth Thursday of the month, 10:00 to 11:30 am
1st floor Mind/Body Conference Room*

Pancreatic

Third Thursday of the month, 11:00 am to 12:30 pm
3rd floor Conference Room*

Esophageal

Second Monday of the month, 10:00 to 11:30 am
3rd floor Conference Room*

Gynecological

First Monday of the month, Noon to 1:30 pm
Women's Center Conference Room*

Bereavement

Thursdays, 5:00 to 6:30 pm
3rd floor Conference Room*

**All cancer support groups are held at Morristown Memorial Hospital, Carol G. Simon Cancer Center. For information on other 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

Thursdays, July 30 and August 27, Noon to 12:45 pm
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

Eating Adjustment After Weight Loss Surgery
Every Monday, 10:00 to 11:00 am

WEIGHT-LOSS SUPPORT GROUPS

Gastric Band Surgery Support

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

Gastric Bypass

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

The above weight-loss programs are held at the Metabolic Medicine & Weight Control Center, 95 Madison Avenue, Suite 304. To register, call 973-971-7166

Alliance Center for Weight Management

Oriented about various weight-loss programs offered.

Tuesdays, June 16 and 30, July 7 and 14, September 1, 8 and 15, 6:30 to 8:00 pm

Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue
To register, call 973-971-4555

Hypnosis for Weight Reduction

Wednesdays, July 15, August 12 or September 9, 7:00 to 9:00 pm
95 Madison Avenue, B-06, Conference Room
Fee: \$70

DIABETES WELLNESS

Insulin Basics Education

Education program 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

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, August 6, 7:00 to 8:00 pm

Department of Medicine Conference Room, 1st Floor, Morristown Memorial Hospital

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

Dress
Third Tuesday of the month, 7:00 to 8:30 pm

1st floor Conference Room*

Ostomy

Third Wednesday of the month, 7:30 to 9:00 pm

1st floor Radiation Oncology*

Head and Neck

Third Wednesday of the month, 1:30 to 3:00 pm

3rd floor Conference Room

Lung

Fourth Wednesday of the month, 2:00 to 3:30 pm

3rd floor conference room*

Therapeutic Touch

Tuesdays, July 7, 14, 22 and September 8 and 15, 4:00 to 6:00 pm

Meditation Room

To register, call 973-971-4063

Healing Through Drumming

Tuesday, June 23, 7:00 to 8:30 pm

To register, call 973-971-5919

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 if not otherwise noted.

SCREENINGS



Blood Pressure

Fridays, July 3 and August 7, Noon to 3:00 pm

Parshippany Shop Rite, 808 Rt. 46

Fridays, July 10 and August 14, Noon to 3:00 pm

Succasunna Shop Rite, Rt. 10 and Commerce Boulevard

Blood Pressure and Diabetes

Wednesday, July 15, 10:00 am to 1:00 pm

Pinch Brook Golf Course, 234 Ridgedale Avenue, Florham Park

Wednesday, August 12, 10:00 am to 1:00 pm

Sunset Valley Golf Course, 47 West Sunset Road, Pompton Plains

Blood Pressure and Respiratory

Friday, September 4, Noon to 3:00 pm

Parshippany Shop Rite, 808 Rt. 46

Stroke

Thursday, September 17, 10:00 am to 1:00 pm

Bernards Township Library, 32 South Maple Avenue, Basking Ridge

Vascular

Saturday, July 18, 8:30 am to 1:00 pm

Gagnon Cardiovascular Institute at Morristown Memorial Hospital

Fee: \$50

Metabolic Syndrome

Learn your risk of heart disease and Type 2 diabetes by checking your blood pressure, blood sugar, body mass index and waist circumference.

Tuesday, July 7, 10:00 am to 1:00 pm

Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes

Wednesday, July 8, 9:00 to 11:00 am

Madison Area YMCA, 111 Kings Road

Thursday, July 16, 9:00 to 11:00 am

Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge

Tuesday, August 11, 1:00 to 3:00 pm

West Morris YMCA, 14 Dover Chester, Randolph

Cholesterol

Wednesday, September 9, 9:00 to 11:00 am

Morris Center YMCA, 79 Horsehill Road, Cedar Knolls

Tuesday, September 22, 9:00 to 11:00 am

Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge

Thursday, September 10, 10:00 am to 1:00 pm

Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes

Wednesday, September 23, 9:00 to 11:00 am

Madison Area YMCA, 111 Kings Road

Fee for all cholesterol screenings: \$10

Bone Density

Thursday, June 18, 10:00 am to Noon

West Morris YMCA, 14 Dover Chester Road, Randolph

Fee: \$10

DermaView

Examine your face for sun damage and learn how to protect yourself in the future.

Tuesday, June 23, 9:00 to 11:00 am

Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge



CHILDREN AND PARENTING

Children and Parenting programs are held at Morristown Memorial Hospital, 100 Madison Avenue. To register for the classes listed below, or for more information on dates and times, please call 973-971-5027 or visit the Parent Education page of the Atlantic Health website. These classes all have a minimal fee.

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

Hydrocephalus Support Group

Information and support for children and adults with hydrocephalus and shunts.

Thursday, August 6, 6:30 to 9:00 pm

Presenter: Catherine Mazzola, MD

To register, call 973-285-8062

What it takes to be named FORTUNE'S 100 BEST COMPANIES TO WORK FOR®

dedicated employees and pride matter

THE PATIENT EXPERIENCE is surely better when health care employees are happy with their workplace, which is why Atlantic Health patients, visitors and employees alike had reason to smile at the latest edition of *FORTUNE* magazine's *100 Best Companies to Work For*®—we claimed the 75th spot in the annual rankings. Atlantic Health was just one of 13 hospital systems nationwide and the only in New Jersey to make the list.

"This national designation means that our employees are highly engaged and motivated and like where they work," says Andrew Kovach, vice president of human resources and chief administrative officer for Atlantic Health. "It's nice to be recognized for everything we do for our employees, including the work/life balance, benefits, on-site child care and scheduling flexibility we provide."

Making the List

To be named to the list of *100 Best Companies to Work For*®, a company must undergo two cultural audits and answer detailed questions about its operations and employee culture.

In the final component of the process, 400 randomly selected employees completed surveys to help *FORTUNE* gain a better understanding of our values, which equates to about two-thirds of a company's overall score.

"We scored very well in credibility," says Debbie Dobrina, human resources manager for Atlantic Health. "During the past year, we worked hard on improving communication with employees and have seen positive results. We're incredibly proud of this achievement and can't thank our employees enough, as they are who make Atlantic Health such a great place to work."

For other employees, like new mother Christine Colasante, flexibility is paramount. Colasante works four longer days each week and spends the fifth day at home with her daughter, Lilianna. She also utilizes a company day care.

"Atlantic Health has helped make motherhood a comfortable adjustment for me," Colasante says. "I'm fortunate to work for a company that understands the importance of family and having a healthy work/life balance."

FORTUNE magazine reviewed more than 400 companies nationwide and surveyed almost 100,000 employees in order to determine which 100 businesses would top the *100 Best Companies to Work For*® list.



Christine Colasante
and daughter, Lilianna

Getting to the Top

Many factors play into a company being named a *FORTUNE* magazine *100 Best Companies to Work For*®. What was our key? Content employees.

Employees are the driving force of any organization. The happier they are in their work world, the stronger a company becomes. The companies that made *FORTUNE*'s list realize the importance of happy employees and strive to keep them content. Some of the perks employees noted that helped these companies make the grade include:

- health benefits fully paid by the employer
- on-site child care
- scheduling that encourages a work/life balance
- telecommuting
- paid sabbaticals

Some additional perks include grocery discounts, carpooling bonuses, hefty 401(k) contributions and scholarships for employees' children.



To learn more about careers with Atlantic Health, visit atlantichhealth.org and click on "Careers."



Photo by Grant Parr, MD



Photo by Norman Luka, MD



Photo by Norman Luka, MD



Photo by Grant Parr, MD



Photo by Grant Parr, MD

Passion for Medicine
Creates an

EYE FOR ART

Clinical staff members at Atlantic Health have long been recognized for their exemplary work in the medical field. In addition to their medical performance, however, two physicians are getting attention for another reason—their keen eye for photography.

A Celebration of Talent

This year, the 3rd Annual Atlantic Health Family Art Exhibit Passion Through Art, featuring works of art by Atlantic Health employees and their families, will open on June 11 from 3:00 to 6:00 pm in Morristown Memorial Hospital's main lobby. The Morristown Memorial opening will feature Nina Mitchell Wells, Secretary of the State of New Jersey, as the guest speaker. On June 25, the display is scheduled to move to the library at Overlook Hospital with a reception from 2:00 to 5:00 pm, where it will remain until July 9.

Local art professionals including Karen Kwarciak, curator of education at the Morris Museum, will judge this summer's art show, and awards will be given in 22 categories including a people's choice award.

"Every year, the art show is a great way to bring our community together," says Maria Lupo, MFA, creative arts therapies coordinator for Atlantic Integrative Medicine. "We are extremely excited about this year's show and hope it will be an exciting opportunity for residents of our community to see our physicians and staff in a new light."

Norman L. Luka, MD, medical director of clinical affairs for Atlantic Health, grew up surrounded by a family interested in the arts and photography. When he was 17, Dr. Luka purchased a Rangefinder camera while serving in the military and began snapping shots of things he liked. Dr. Luka has honed his hobby and now focuses on patterns of color, particularly in photos of birds and flowers.

"I have always been a very visual person," Dr. Luka says. "As a surgeon, before I performed any procedure I first visualized it, step by step. With photography, my mind works in a similar way: I must see the shot I want in my mind before I attempt to capture it, and that translates into how I perform the administrative duties as MDCA."

Grant Parr, MD, physician in chief for Gagnon Cardiovascular Institute, started taking photographs during medical school at Cornell University Medical College courtesy of access to the university's darkroom. After completing his medical degree, photography became a way of memorializing Dr. Parr's family trips.

Following a safari in Africa, Dr. Parr realized that he had quite an eye for photography. After returning from his trip, Dr. Parr began snapping landscapes, and his artwork is now featured throughout the halls of Gagnon Cardiovascular Institute.

"Photography has always been a welcome release," Dr. Parr says. "Sometimes finding the right shot can be frustrating, but when you know you've gotten it right, the sense of satisfaction is enormous."



For a referral to an Atlantic Health physician or for more information about our events, call 888-205-8982, Monday through Thursday, 8:30 am to 8:00 pm, and Friday 8:30 am to 4:30 pm, or visit atlantichhealth.org.

On the Pulse of Cardiac Care

As part of Gagnon Cardiovascular Institute, Morristown Memorial Hospital is uniquely positioned to provide world-class cardiac care.

EACH YEAR, CARDIAC surgeons at Morristown Memorial perform more than 1,200 open heart surgical procedures—more than any other hospital in the state. Types of procedures include:

- **Coronary bypass surgery**, which uses a blood vessel from a patient's leg, arm or chest to bypass an obstruction in a coronary artery, improving blood flow to the heart. A patient may undergo a single, double, triple or quadruple bypass, depending on the number of blocked arteries.
- **Minimally invasive coronary surgery**—coronary artery bypass using on- or off-pump techniques that can often be used to clear blocked arteries. These techniques, performed by making small incisions, may result in less risk and trauma for patients.

Beyond open heart surgery, the facility is one of the top 50 hospitals nationwide in catheter-based interventional procedures and ensures that patients receive balanced care by providing a cardiac integrative medicine program.

A New Addition

One of the best ways to ensure new ideas and methods are continually

incorporated is to add newly trained members to the team. This is true in major corporations, think tanks and even in medicine. Atlantic Health infuses each program with new ideas and team members, and the latest addition to Gagnon Cardiovascular Institute's medical team is Steve Xydas, MD, cardiac surgeon.

As an active participant in national cardiovascular clinical research studies, Dr. Xydas remains on the forefront of medicine, offering patients the highest level of care. Recently, Dr. Xydas served as a moderator of a heart failure symposium at the International Society of Heart and Lung Transplantation gathering in Paris.

"Strong, clinical research grounded in a busy, clinical practice can lead to continual self-assessment and innovation," Dr. Xydas says. "By participating in national research studies, physicians at Gagnon can find better and less invasive methods to treat cardiovascular disease. In addition, utilizing a multidisciplinary team to pull from expertise in less invasive surgical procedures, such as

endovascular approaches, is integral to finding new ways to improve the care we offer our patients."



Meet Dr. Xydas

When not striving to improve the heart health of all his patients, Steve Xydas, MD, cardiac surgeon for Gagnon Cardiovascular Institute, enjoys

time with his wife, Geraldine, and their children. The Xydas family spends time outdoors and going to the park, which is one more way an Atlantic Health employee follows our mantra of practicing the active lifestyle we preach to our patients.

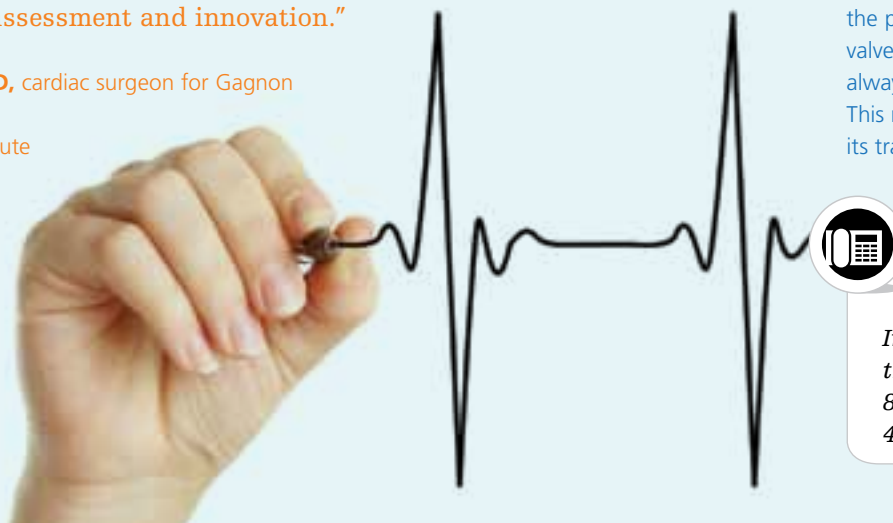
Dr. Xydas received his undergraduate degree from Harvard University and medical degree from the Johns Hopkins School of Medicine in Baltimore, Maryland. He then completed his general surgery internship, residency and cardiothoracic training at Columbia-Presbyterian Medical Center in New York City, where he served as the administrative chief resident of the department of surgery.

"Through medical school and residency, my studies as well as research all focused on cardiology," Dr. Xydas says. "I found the physiology of the heart fascinating. Its valves and pump function are something I've always focused on and found very intriguing. This made Gagnon Cardiovascular Institute and its tradition of excellence the perfect fit for me."

"Strong, clinical research grounded in a busy clinical practice can lead to continual self-assessment and innovation."

—Steve Xydas, MD, cardiac surgeon for Gagnon

Cardiovascular Institute



For a referral to a cardiologist at Gagnon Cardiovascular Institute, call 888-664-4113, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichealth.org.

Understanding Epilepsy

Epilepsy affects one to three percent of all children. If your child has a seizure, a thorough evaluation is the first step toward effective medical treatment.

EPILEPTIC SEIZURES ARE electrical disturbances that occur in the brain without immediate provocation. When a seizure occurs, an abnormal burst of electrical energy disrupts brain functions for a limited period of time, typically lasting no more than seconds to minutes. The manifestations of any seizure, such as an arm or leg shaking, reflect the parts of the brain that are temporarily electrically over-activated.

If your child experiences a seizure, be sure to:

- stay calm
- move objects away that may be too near
- place him on his side with his head turned to the side
- not restrain your child
- not place anything in the mouth, including medication

Following a seizure, medication may be given if the child is fully awake and alert. When the seizure has passed, write down what was observed during the seizure, such as unusual head or eye movements, left- or right-sided shaking, or unresponsiveness, as well as what your child was doing prior to the seizure. This information will greatly assist your child's physician in determining seizure subtype and the most effective treatment options.

Seeking Medical Care

After a child has one seizure, his or her physician must determine the probability

of another seizure occurring and if long-term treatment is needed.

Diagnosis begins with a thorough medical history, including what happened prior to the seizure and what the seizure looked like. An electroencephalograph (EEG) records brainwaves that may reveal a tendency for epilepsy. Video EEG monitoring is available in a child-friendly inpatient setting, which requires an overnight stay to accommodate tests lasting 24 to 48 hours.

"Perhaps most challenging, there are numerous non-epileptic conditions that mimic seizures and warrant a thorough evaluation to prevent a child from being prescribed anti-seizure

medication that is not needed," says Lorraine Lazar, MD, PhD, pediatric neurologist and epileptologist for Goryeb Children's Hospital. "For children with

epilepsy, appropriate testing and classification of seizure type is key for determining which treatment option yields the best seizure control. The majority of children with epilepsy can control seizures with one medication and have virtually no limitations on their daily activities—the ultimate goal of individualized seizure care."

"The majority of children with epilepsy can control seizures with one medication and have virtually no limitations on their daily activities."—Lorraine Lazar, MD, PhD, pediatric neurologist and epileptologist for Goryeb Children's Hospital



Just for Kids

The child neurology division at Goryeb Children's Hospital is a program designed to care for children with epilepsy.

"Throughout the diagnosis and treatment process, we do things in a child-friendly way to better serve our patients," says Walter Rosenfeld, MD, chairman of pediatrics for Goryeb Children's Hospital. "We use a family-centered care approach for all children who come under our care. That means really listening to parents' concerns, providing support that goes beyond prescribing medication, working with schools and involving parents so they are truly part of the care team."



For a referral to a pediatrician at Goryeb Children's Hospital, call 888-620-3706, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlanticealth.org.

MINIMALLY INVASIVE SURGERY: *Doing More With Less*

Twenty years ago, a patient opting to undergo gallbladder surgery—a cholecystectomy in medical terms—would be facing several days in the hospital, several weeks recovering from the operation and a lifetime living with a long scar. Patients preparing for gallbladder surgery today face a few hours in the hospital, several days at home and minimal scarring.

MINIMALLY INVASIVE PROCEDURES

are creating a surgical revolution at America's top hospitals. Patients now can have procedures ranging from bariatric surgeries to lumpectomies to treat breast cancer in a day-surgery environment.

A Growing Field

Today, complex procedures such as prostatectomies can be performed in a manner that improves the patient's quality of life without the extended

recovery periods and extensive scarring once associated with most surgeries.

"As technology progresses, the ability to perform procedures has developed to a higher level," says Paul Starker, MD, chief of surgery for Overlook Hospital. "We are able to do an increasing number of procedures through laparoscopic means. Because we work to foster a minimally invasive culture at Overlook, there is a commitment at every level of the institution to provide the best minimally invasive procedures to our patients."

Common procedures performed at Morristown Memorial and Overlook hospitals include:

- breast surgery
- gallbladder removal
- robotic-assisted prostatectomy

"Not only do we offer the full spectrum of minimally invasive procedures, but we can also offer all the benefits of being backed by a thriving hospital," says Rolando Rolandelli, MD, chair of the

department of surgery for Morristown Memorial Hospital. "Patients at Atlantic Health have access to the whole spectrum of medicine should it become necessary before, during or after surgery. Patients won't need a back-up strategy if things go as planned. We have all the services they would need under our roof."

"Atlantic Health offers all leading-edge technologies for minimally invasive surgery, including robotics and advanced laparoscopy, as well as other modalities to perform procedures such as thyroid surgery. With a host of devices to control bleeding and exposure, laparoscopic surgery is one of the most important surgical advances available, and it is available here."

—Rolando Rolandelli, MD, chair of the department of surgery for Morristown Memorial Hospital



For a referral to an Atlantic Health physician or to gain additional information about this health topic and others, call 888-892-3241, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlantichealth.org.

DECODING

the Nutrition Facts Label

Designed to help consumers choose and compare foods, the nutrition label is packed with information. Learn where to look to achieve your individual nutrition goals.

Start by checking the **Serving Size** and note the number of servings in the package. If you plan to eat the whole bag of chips, multiply **Calories** by the number of servings to estimate your total consumption.

Sodium is an indicator of how much a food has been processed. A serving of soup can contain 800 milligrams or more. Look for organic or lower sodium food brands to keep your daily intake below 2,400 milligrams.

Look for **Fiber** in processed foods to choose healthier options. Cellulose, chicory root, inulin and modified food starch are added sources. Stick to whole grains and unprocessed fiber sources when possible.

In the 19th century, Americans consumed an average of 10 pounds of **Sugar** each year. Today, we consume 200 pounds. Choose foods with fewer than 5 grams or one teaspoon of sugar per serving.

NUTRITION FACTS	
Serving Size	2
Amount Per Serving	
Calories	240
Calories from Fat	45
Total Fat	2 g
Saturated Fat	0.8g
Trans Fat	0g
Cholesterol	0mg
Sodium	300mg
Total Carbohydrate	25g
Fiber	7g
Soluble Fiber	5g
Insoluble Fiber	2g
Sugar	4g
Protein	9g
Ingredients: Whole grain oats, sugar, salt, calcium carbonate, guar gum, sucralose, folic acid	

Tips for Portion Control

What do you do when there is no label? Follow these rules of thumb *and hand* to control portion size.

Fist = 1 cup, a good portion for carbohydrates, such as potatoes, rice, vegetables or fruit

Palm, no fingers or thumb = 5 ounces, a large portion of lean beef, poultry or fish

Thumb = 1 ounce of cheese

Pad of thumb = 1 tablespoon of dressing

“Behavior modification is tough,” says Mary Finckenor, registered dietitian, certified diabetes educator for Morristown Memorial Hospital. “Try to make one or two changes at a time to improve your nutrition. If you remember one number, it’s limiting your daily intake of **Saturated Fat** to 20 grams or less.”

Numeric values found in the nutrition label need to be correlated with the **Ingredients** list. **Trans fat** is not required to appear on the label if there is less than 0.5 grams per serving. If you see partially hydrogenated oil listed, you are consuming trans fat.

“Learn to use the nutrition label to judge how processed a particular food item might be. Keep your eye on fat, sodium and sugar, avoiding high amounts of all three.”—Kenneth Storch, MD, PhD,

internal medicine, nutrition and metabolism physician for Morristown Memorial and Overlook hospitals



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**“Official Health Care
of the NY Jets!”**



**We've got your back. And your neck.
And your spine. And your knees.**

The region's #1 orthopedics program at Morristown Memorial and Overlook Hospitals.

As the largest orthopedic program in the tri-state area, we have more board-certified, fellowship-trained orthopedic trauma surgeons than any other NJ hospital. We have orthopedic experts who perform over 2500 joint and spinal procedures each year. But our expertise goes well beyond orthopedics. We offer total mind and body care to treat every aspect of every athlete, including diagnosis and treatment of athletic injuries, sports psychology, performance enhancement, and cardiac, respiratory, or neurological issues. Using all the resources of both of our highly regarded hospitals, we get our athletes to where they want to be, then help them stay there. Just ask the NY Jets—we take care of them, too.

For more information or to schedule an appointment, call **888-641-4908**.



THE PASSION TO LEAD

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