

# Well Aware



**Sound  
MIND,  
Sound  
BODY**

**Doctor's  
Orders  
for Health**

**Green Living  
for the Family**

**One Man's Story of  
Defeating Cancer**



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

# IMPROVING Heart Care

A leading-edge study is being performed nearby to potentially prevent patients with clogged arteries from experiencing a heart attack.

**ACROSS THE COUNTRY**, a select number of hospitals, including Overlook Hospital, are participating in the Cardiovascular Patient Outcomes Research Team-Elective, or C-PORT E, study, which offers potentially lifesaving elective angioplasty for those at risk of having a heart attack.

As one of these select facilities, Overlook Hospital has the distinct privilege of offering advanced interventional cardiology capabilities to its patients.

"Participation in the C-PORT E study gives our facility the opportunity to contribute to an important research study and impact cardiac care for our patients," says Saleem Husain, MD, interventional cardiologist for Overlook Hospital. "This study makes elective angioplasty procedures more accessible to our surrounding community and the residents of Union County and complements our well-established emergency angioplasty program."

Being part of Gagnon Cardiovascular Institute, Overlook Hospital is an ideal facility for the study, with easy access to the most advanced cardiovascular care and the state's largest cardiac surgery program.

"As part of Gagnon, we have direct access to the excellent resources they have," says Daniel Schwartz, MD, director of the cardiac catheterization lab for Overlook Hospital. "This relationship allows Overlook Hospital and Morristown Memorial Hospital to offer cardiac care as part of Gagnon Cardiovascular Institute in a coordinated fashion with a pooling of resources. The result is the high level of quality cardiac care using advanced techniques required to participate in studies like C-PORT E."



For a referral to a Gagnon Cardiovascular Institute cardiologist, call 888-337-0067, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit [atlanticealth.org](http://atlanticealth.org).



## Go *Green* for *Baby*

**YOUR HOME SHOULD** represent a place of safety, yet many of the products you use every day—household cleaners, air fresheners and laundry detergents—contain harmful toxins.

Chemical additives in these and other products have been linked to medical conditions such as allergies, asthma, respiratory illnesses and cancers. In addition, many of these harmful chemicals are used in the manufacturing of baby bottles, diapers, mattresses, linens, clothing and toys.

### Protecting Your Family

To help educate families on the dangers of household products and how to choose safe alternatives, Overlook Hospital implemented the Go Baby Green program.

One lesson, for example, teaches parents words to seek when shopping for home products. The short list includes:

- chlorine-free
- plant-based
- solvent-free

"Our classes teach parents how to create a safe, non-toxic home environment for their families," says Lesly Federici, RN, instructor for the Go Baby Green program at Overlook. "The Go Baby Green class's goals are raising awareness and offering some beginning tips to ease into a greener lifestyle with baby."

The current trend in green home cleaning products is going back to basics: homemade mixtures of borax, vinegar, lemon juice and baking soda. However, if that doesn't excite you, some commercial housekeeping product manufacturers now offer green options at the grocery store, including:

- Method
- Seventh Generation
- Mrs. Meyers Clean Day
- Green Works



For more information about the programs offered for new parents or parents to be, call 888-348-4231 during daytime hours, or email [overlook.parented@atlanticealth.org](mailto:overlook.parented@atlanticealth.org).



# Getting “Grandma” Back to the CIRCUS

When Barry Lubin, a clown famously known as “Grandma” who performs with Big Apple Circus, had a scan that revealed a cancerous thyroid nodule, he turned to a specialist at Overlook Hospital for treatment.

**CANCER SIDELINES EVEN** the toughest of people. When thyroid cancer was discovered in Lubin, it affected not only him but the thousands of fans he entertains annually through his alter

The thyroid is a butterfly-shaped gland at the base of the neck that produces hormones and regulates metabolism. Thyroid cancer, which affects women at nearly three times the rate as men, can be found in nodules that have grown on the thyroid.

ego, Grandma. As is often the case, Lubin had no signs of the disease. “Thyroid cancer is most often discovered during a computed tomography [CT] scan that was ordered for a different purpose,” says James Chen, MD, endocrinologist and thyroidologist for Overlook Hospital. “It’s rare that anyone experiences any symptoms, but if the cancer has grown to a large size, the patient may feel a lump in the neck or may have some difficulty swallowing.”

Lubin, 56, of Garwood, had an

experience similar to what was described by Dr. Chen when he underwent a CT scan to examine a salivary gland problem.

## Treatment at Overlook

“After I received my diagnosis, two of my physicians recommended Dr. Chen,” Lubin says. “I had surgery, and then Dr. Chen prescribed follow-up radioactive iodine treatment and body scans to eliminate my thyroid cancer—I’m happy to say they were thoroughly successful.”

While treatment involves surgical removal of the thyroid gland followed by radioactive iodine treatment, Dr. Chen strives to make his patients as comfortable as possible.

“Dr. Chen had a wonderful sense of lightness about him in a relatively heavy situation,” Lubin says. “I’m doing great now, feeling fortunate that my cancer was caught early, and I’m looking forward to heading into my 17th season with Big Apple Circus.”



## Meet Dr. James Chen

James Chen, MD, endocrinologist and thyroidologist, recently joined the medical staff at Overlook Hospital. Dr. Chen, who has been in practice since 1985, completed his residency at Muhlenberg Hospital and two fellowships—one in nuclear medicine and one in endocrinology—at Johns Hopkins Hospital.

“My practice is 100 percent thyroid-focused,” Dr. Chen says. “I was drawn to Overlook because very few places besides this hospital can offer the same level of quality, comprehensive care available here.”



For a referral to a Carol G. Simon oncologist, call 888-349-3529, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit [atlanticealth.org](http://atlanticealth.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](http://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

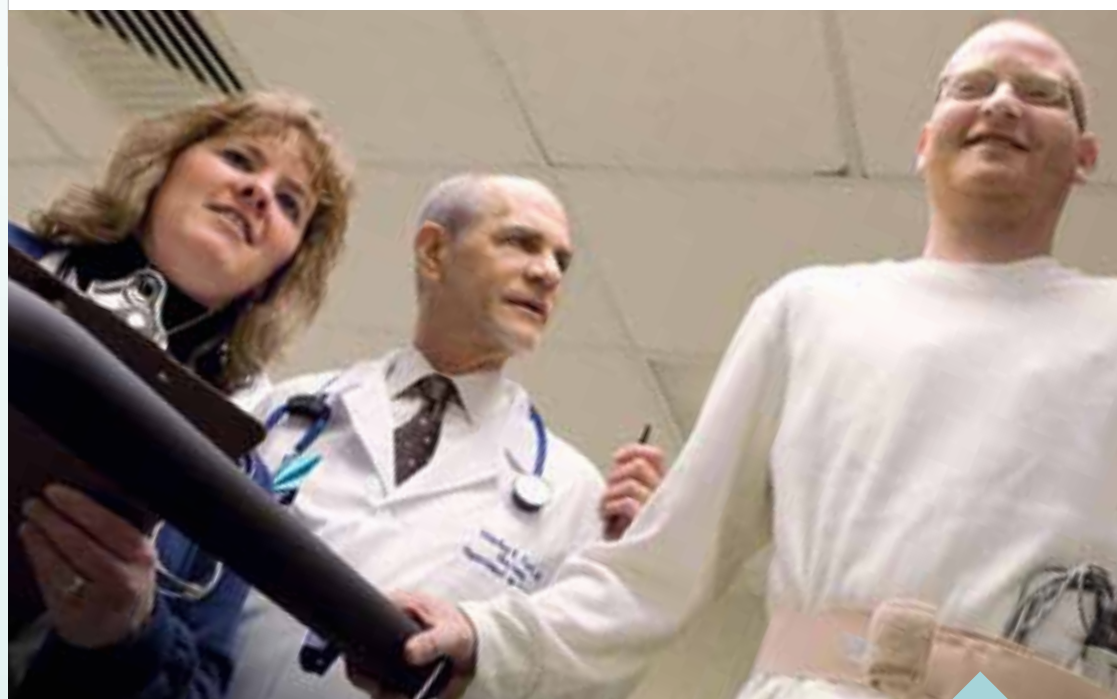
If you're diagnosed with lung cancer, you'll probably need to see an oncologist, thoracic surgeon and other specialists. You also may be interested in seeing a social worker for counseling or enrolling in a smoking cessation course. At the Center, a nurse navigator provides individualized assistance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

## OVERLOOK 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 us online at [atlantichhealth.org](http://atlantichhealth.org). If an alternate phone number is provided for a program, please use that number listed. If a fee is not provided within the listing, the program is free of charge. | Registration is required for most programs.

### HEALTH AND WELLNESS

**Literature and Medicine: A Community Dialogue**  
A "book club" focusing on contemporary and classic literature and film that will stimulate discussion regarding wellness, illness, aging, caregiving, medical decision making and end-of-life care.  
**Thursdays, May 21 and June 18, 6:00 to 8:00 pm**  
Overlook Hospital

**Women's Heart Program**  
Cardiac specialists conduct a targeted evaluation of your heart health and create an individualized plan.  
For more information, call 908-522-7399

**Hypnosis for Weight Loss**  
**Tuesdays, May 12 and June 9, 7:00 to 9:00 pm**  
Overlook Hospital, Conference Room 3  
Fee: \$70

**Sun Exposure Lectures**  
See the effects of the sun by using the DermaView machine.  
**Friday, May 15, 10:00 am to Noon**  
Summit Seniors, 1200 Morris Avenue, Summit  
**Thursday, June 4, 10:00 am to Noon**  
5 Points YMCA, Tucker Avenue, Union  
Home Depot, Springfield Avenue, Union

**Home Is Where the Heart Is**  
An innovative program that comes to the location of your choice, equipped with all the tools to access your heart health. Invite your friends to this intimate exchange of lifesaving information in the comfort of your own home. To host a party, call 908-522-5355.

### SUPPORT GROUPS

**Adults With Epilepsy and Their Caretakers**  
**Second Thursday of every month, 6:30 to 8:00 pm**  
Overlook Hospital, Atlantic Neuroscience Institute Center

**Diabetes**  
**Thursday, June 18, 10:00 to 11:00 am**  
Overlook Hospital

**Stroke**  
**First Tuesday of every other month, starting June 4, 6:00 to 7:00 pm**  
Overlook Hospital, Wellness Activities Center

### CANCER CARE

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

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

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

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

**Exercise Class for Breast Cancer Survivors**  
**Wednesdays, 10:00 to 11:00 am**  
Overlook Hospital, MAC 2 building,  
Breast Center Conference Room  
To register, call 908-522-5255

**Nutrition for Breast Cancer Survivors**  
**Wednesdays, 9:00 to 10:00 am**  
Overlook Hospital, MAC 2 building,  
Breast Center Conference Room  
To register, call 908-522-5255

**Now What: Post-Treatment and Survivorship Lunch and Learn**  
Topics cover post-treatment for cancer survivors.  
Overlook Hospital  
For more information, call 908-522-5255  
**Scar Massage**

**Bereavement Group Level 1**  
For those who have recently lost their spouse to cancer.  
**Third Monday of every month, 5:30 to 6:30 pm**

**Bereavement Group Level 2 (follow up to Level 1)**  
**First Monday of every month, 5:30 to 6:30 pm**  
Overlook Hospital, Conference Room  
For more information and to register, call 908-522-5255

**Newly Diagnosed Breast Cancer**  
**Second and Fourth Wednesdays of every month, 7:00 to 8:30 pm**  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5349

**Brain Tumor**  
**Thursdays, 10:00 am to Noon**  
Overlook Hospital, Cancer Conference Room  
To register, call 908-522-5255

**Hearts and Hands**  
This drop-in support group offers patients and their caregivers the opportunity to discuss issues and concerns as they work on crafts.  
**Thursdays, 2:00 to 4:00 pm**  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5349

**Post-Treatment Group**  
Explores issues and concerns related to survivorship.  
**Second Thursday of the month, 7:00 to 8:30 pm**  
Overlook Hospital, Conference Rooms  
To register, call 908-522-5349

**Post-Breast Surgery**  
This program concentrates on the emotional and physical support of women who have undergone a lumpectomy or mastectomy.  
The Connection, 79 Maple Street, Summit  
*For more information and to register, call 908-522-5255.*

### SCREENINGS

**Diabetes**  
**Thursday, May 7, 10:00 am to Noon**

## CHILD BIRTH AND PARENTING



Children and Parenting programs are held at Overlook Hospital, 99 Beauvoir Avenue, Summit. To register for classes, call 908-522-2946 or email [overlook.parented@atlantichhealth.org](mailto:overlook.parented@atlantichhealth.org).

### Go Baby Green

Learn to create a non-toxic environment for your family. Call 908-522-2946 for dates and times.

## BEHAVIORAL HEALTH SUPPORT AND THERAPY \*\*

### National Anxiety Screening Day

Mental health professionals available  
Wednesday, May 6, 2:00 to 6:00 pm

### Chemical Intensive Outpatient Program

Three one-hour groups, three nights weekly for those trying to remain abstinent from all substances.  
Mondays, Wednesdays and Thursdays, 6:00 to 9:30 pm

### Mental Health Intensive Outpatient Program

Group, individual and family counseling, as well as medication management, for those who need an intense, time-limited treatment to improve their emotional health. Participants attend three out of five days per week.  
Mondays through Fridays, 10:30 am to 2:00 pm

### The Autumn Group

This group encourages seniors to express their thoughts, feelings and experiences.  
Wednesdays, 2:30 to 3:30 pm  
For more information, call 908-522-4853

### Substance Abuse

Participants will learn ways to cope with substance-abusing family members.  
Tuesdays, 6:30 to 8:00 pm

### Therapeutic Gambling Group

This weekly therapy group is for individuals who are concerned with their level of gambling.  
Tuesdays, 8:00 to 9:00 pm

### Women's Group

Participants will learn coping skills through examination of thoughts and behaviors.  
Thursdays, 11:00 am to 12:30 pm

*All Behavioral Health programs are located at Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue in Summit. For more information, call 888-247-1400.*

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

Overlook Hospital

For more information, call 908-522-5211

### Gentle Yoga

Mondays, 1:30 to 2:45 pm

Overlook Hospital, Conference Room 3

To register, call 908-522-5349

## CANCER CARE SUPPORT GROUPS

### Creative Caring

This group is for children who have a parent with cancer.

Overlook Hospital, Conference Rooms

For more information, call 908-522-5255

### Ostomy

Overlook Hospital, Conference Rooms

For more information, call 908-522-5552

## EDUCATION

### Basic Life Support for the Healthcare Provider

Wednesday, May 6 and Thursday, May 7, 7:00 to 10:00 pm

Overlook Hospital

Fee: \$85

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

This course refreshes the skills taught in the full Basic Life Support for the Healthcare Provider course.

Thursday, May 21, 7:00 to 10:00 pm

Overlook Hospital

Fee: \$55

### HEARTSAVER Certification Course

This course is designed to teach CPR, AED and Obstructed Airway. Registration is required.

Adult Session: Monday, May 18, 7:00 to 10:00 pm

Pediatric Session: Tuesday, May 19, 7:00 to 10:00 pm

Overlook Hospital, Wallace Auditorium

Fee: \$45 for adult session; \$40 for pediatric session.

### American Heart Association First Aid

This course covers basic first aid for common medical and traumatic emergencies.

Adult Session: Tuesday, May 12, 7:00 to 10:00 pm

Pediatric Session: Wednesday, May 13, 7:00 to 10:00 pm

Fee: \$55

*To register for education and certification programs, call 908-522-2365.*

5 Points YMCA, Tucker Avenue, Union  
Wednesday, May 13, Noon to 2:00 pm  
Westfield Area YMCA, 220 Clark Street  
Tuesday, June 9, 10:00 am to Noon  
Summit Area YMCA, 67 Maple Avenue

### Blood Pressure

Tuesday, June 2, 10:00 am to Noon

Fanwood-Scotch Plains YMCA, 1340 Martine Avenue

Tuesday, May 12, 10:00 am to Noon

Wednesday, May 27, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Tuesday, May 12, 10:00 am to Noon

Summit Area YMCA, 67 Maple Street

### Hearing

Wednesday, April 29, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Tuesday, April 14, 10:00 am to Noon

Summit Area YMCA, 67 Maple Street

### Body Mass Index/Body Fat Analysis

Wednesday, May 20, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Tuesday, June 2, Noon to 2:00 pm

Fanwood-Scotch Plains YMCA, Martine Avenue

Tuesday, May 12, 10:00 am to Noon

Summit Area YMCA, 67 Maple Street

### Cholesterol

Fasting is not required.

Tuesday, May 5, 10:00 am to Noon

Wednesday, June 3, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Friday, May 8, 10:00 am to Noon

Home Depot, Springfield Avenue, Union

Fee: \$10

### Bone Density for Women

Tuesday, May 26, 10:00 am to Noon

Wednesday, May 6, Noon to 2:00 pm

Westfield Area YMCA, 220 Clark Street

Monday, May 4, 10:00 am to Noon

Fanwood-Scotch Plains YMCA, Martine Avenue

Fee: \$10

### Skin Cancer

Thursday, May 28, 6:00 to 9:00 pm

Overlook Hospital, Family Practice Suite #L01

### Stroke

Friday, May 1, 11:30 am to 2:30 pm

Scotch Plains Public Library, 1927 Bartle Avenue

### Hearing

Wednesday, April 29, Noon to 2:00 pm

Tuesday, May 19, 10:00 am to Noon

Westfield Area YMCA, 220 Clark Street

Registration is required for all screenings.



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

# STROKE AWARENESS

You worry about the possibility of your parents experiencing a stroke, but do you ever stop to wonder about your own risks?

# at Any Age

**STROKE IS THE** third-leading cause of death in the United States after heart disease and cancer. Younger patients often are caught off guard, as they believe that stroke only happens to the elderly.

“My symptoms started with a mild headache,” says Michael Loeloff, a 42-year-old runner. “I didn’t really think about a stroke happening to me, so I went to bed. I awoke by falling out of bed and couldn’t speak or move my right side. It was a stroke.”

Loeloff’s story is not unique to people of his age. While advanced age increases risk, stroke can affect anyone. In fact, a person’s risk of stroke steadily increases

after age 55, making screenings all the more important.

“The most dangerous misconceptions about stroke are that it only happens to seniors and it cannot be prevented,” says Shalini Bansil, MD, board-certified neurologist and director of the Comprehensive Stroke Center for Overlook Hospital. “But with preventive measures such as lifestyle changes,

## What Is a Stroke?

A stroke occurs when blood circulation to the brain fails and the brain is unable to get the blood and oxygen it needs. Stroke can affect anyone, regardless of age, gender or race.

strokes can be eliminated, or at least we will see fewer of them.”

Some of the biggest culprits include:

- diabetes
- high blood pressure
- high cholesterol
- lack of exercise
- obesity
- poor diet
- smoking

“I had several risk factors for stroke,” says Jereline Yates, 55. “I just figured it wouldn’t happen to me because of my age. Fortunately, the treatment I received at Overlook allowed me to get back to work within a couple of months, free from many of the debilitating side effects so many people suffer.”

“We want everyone to have access to stroke screenings, so we offer them at area libraries, senior centers and banks. That way we can help prevent stroke and also urge people faced with stroke to quickly seek service at a designated stroke center.”—Angela McCall-Brown, RN, stroke program coordinator for Overlook Hospital

## Center for Care

Overlook’s Stroke Center has been designated as a primary stroke center, meaning the immediate care needed to survive is right here. A rapid-response team of neurologists, neurosurgeons, nurses and radiologists is available 24 hours a day to ensure stroke patients receive essential clot-busting treatment within the three-hour window necessary to successfully survive a stroke.

“I still go to Overlook for follow-up care,” says Loeloff. “The staff really helped during and after my stroke. Through this, I’ve learned how important it is for everyone to be in tune with his or her body. It could save your life.”



For a referral to an Atlantic Neuroscience Institute neurologist or to gain additional information about our Stroke Centers, call 888-361-0613, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit [atlantichealth.org](http://atlantichealth.org).

# What Did **You** Say?

## Hooked on Headphones

Hearing loss can result from exposure to sounds at 110 decibels (dB) for only a minute and a half, according to the American Academy of Audiology. The maximum volume for most MP3 players is 105 dB, so it's not surprising that one in eight children has noise-induced hearing loss.

## MAXIMUM SAFETY

To avoid hearing loss when using personal audio devices, use caution when turning up the volume to block out ambient noise on the street, subway or other noisy environments. Parents can set maximum volumes on most iPods to limit their child's exposure to damaging sound levels.

Hearing loss is a risk for everyone. The ability of fine hairs of the cochlea or inner ear to process sound can diminish due to family history, noise exposure, ototoxicity from medicine or the aging process.

**HEARING LOSS OFTEN** begins in the high-pitch range, which can make the voices of children and women more difficult to understand. Ringing in the ears can also result.

## Minimizing Hearing Damage

Hair cells cannot be repaired once damaged, so hearing preservation requires a lifetime of vigilance.

- Wear earplugs to protect against exposure to power mowers, snow blowers, motorcycles, machinery at work or loud music at concerts.
- Limit your child's use of noisy toys. Keep them on low- or no-sound settings.
- Have your hearing checked regularly.

"Early action to correct hearing deficiencies can improve quality of life by maximizing communication opportunities and restoring the safety benefits of hearing clearly," says Dan Whelan, manager of rehabilitation services for

Overlook Hospital. "Audiologists at Overlook provide complete hearing evaluations for infants to adults and offer customized hearing protection that reduces the volume of sounds without distortion for people who work in the entertainment industry or other noisy environments."



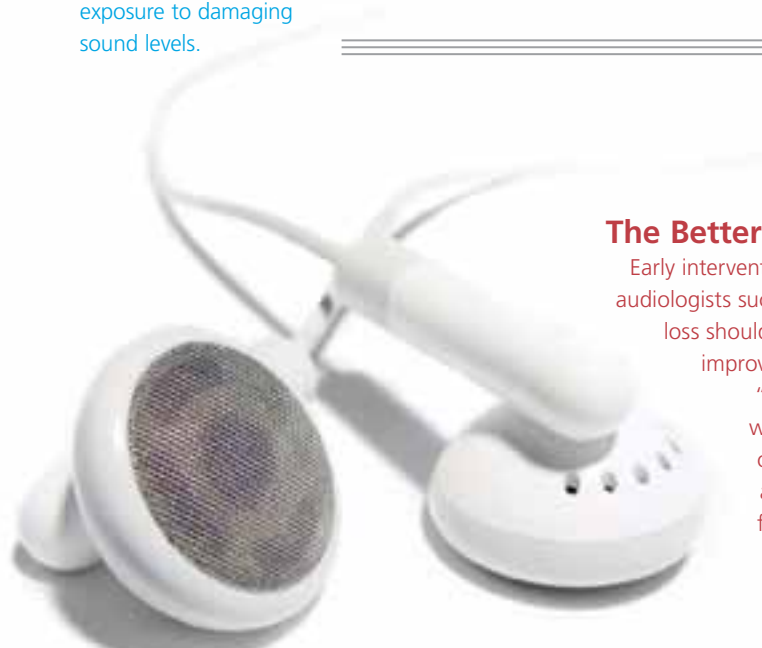
*For a referral to an audiologist or to learn more about this service, call 888-364-2105, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit [atlantichealth.org](http://atlantichealth.org).*



## The Better to Hear You

Early intervention to address hearing loss begins with a complete hearing evaluation by trained audiologists such as those at the audiology department at Overlook Hospital. People with hearing loss should approach the purchase of a hearing device with realistic expectations for hearing improvement and should keep cost limitations in mind.

"People can adjust to new glasses after a few days, but hearing aids may take several weeks to achieve the proper setting," says Susan Maltese, audiologist and coordinator of the audiology department for Overlook Hospital. "Various amplification options are available to maximize an individual's communication potential. Trust our caring staff to find the hearing solution that suits you best."



## 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](http://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.

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*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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## THE PASSION TO LEAD

