

Well Aware



The Healthy Man

**Team Up
for Fitness**

**Understand
Nutrition Labels**

**Know Your
Skin's ABCs**





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.

Do 'Real Men' Do Yoga?

WHILE LIVING, ABOUT one in 10 men will be diagnosed with prostate cancer. Consider all types of cancer, and you'll find the probability of developing it can be alarming. The good news is that many will survive, and for men and women alike, complementary medicine, including activities like yoga and guided imagery, can help smooth the road to recovery.

"Traditional medical treatments should be a man's first healing step in fighting cancer," says Daniel Moriarty, MD, hematologist/oncologist, medical director for the Carol G.

Simon Cancer Center at Overlook Hospital. "Healing often takes more than medical science, and that's where complementary treatments can help." Complementary medicine encompasses a variety of treatments, such as:

- yoga
- massage therapy
- acupuncture

While these practices do not cure medical conditions, they serve to center a person's mind and body, allowing him or her to draw energy and focus attention toward healing. Some practices build strength and aid relaxation, which are imperative to cancer recovery.

The Atlantic Integrative Medicine program offers complementary medicine classes led by qualified instructors and designed to benefit people of virtually any level of physical conditioning.

"Many men don't realize the importance of mind and spiritual healing," Dr. Moriarty says. "Through our yoga and other relaxation sessions, we hope to change that thinking and improve healing results in the process."



To learn more about our programs at Atlantic Integrative Medicine, call 888-280-9295, Monday through Thursday, 8:30 am to 8:00 pm, and Friday, 8:30 am to 4:30 pm, or visit atlanticealth.org.



When minutes can mean the difference between life and death, timely and effective emergency resources are a must. The Atlantic Air One emergency helicopter will offer the community a fast and accessible transportation option for those in critical need of emergency medical services.

STROKE AND TRAUMA victims, pediatric patients and women with high-risk pregnancies are just several examples of patients who will have an increased chance of positive health outcomes following their medical emergencies and transportation by emergency helicopter.

"Atlantic Air One allows us to continue our commitment to members of the community and outlying areas to provide timely emergency medical treatment," says Richard Donovan, director of emergency medical services for Atlantic Ambulance Corporation. "What might be a 90-minute ride by ambulance would take only 20 minutes by helicopter."

When Minutes Matter

If you are in need of emergency care, call 911 immediately. Calls for either ambulance or helicopter service are dispatched similarly, and emergency personnel determine which transportation is most effective using factors such as location, traffic and level of trauma. If helicopter transportation is necessary, it currently lands at Morristown Memorial Hospital, and the patient can be quickly transferred to Overlook Hospital by ambulance. Plans are underway to allow landing at Overlook, decreasing transportation time even more.

Safe and Sound

Overlook makes patient transportation safety a top priority. That's why Air One's crew includes the most experienced pilots, nurses and medics.

In consideration for the surrounding community, Atlantic Air One utilizes a unique shrouded tail rotor system called a Fenestron, which drastically reduces vibration and noise level.

"This vehicle produces three times less noise than a conventional commercial helicopter," Donovan says. "We have a world-class hospital in our community, and our goal is to provide excellent emergency services while addressing our community's needs."



When It's More Than a Bump on the Head

A RECENT STUDY suggests that frequent concussions may cause chronic traumatic encephalopathy (CTE)—a serious brain condition. Boston University School of Medicine researchers evaluated the brains of former National Football League players and found a dramatic increase in protein tangles—one of the symptoms of CTE. Researchers believe that a high number of concussions may be one of the causes.

Understanding the Signs of Concussion

Being aware of the symptoms of concussion—and how to prevent the condition—can ensure the safety of young athletes. The Atlantic Neuroscience Institute's Concussion Center works in partnership with local parents and coaches to teach the signs of this dangerous condition.

"Parents and coaches must work together to acknowledge when a hit has taken place and notice if a player seems disoriented on the field," says Joseph Rempson, MD, co-medical director for Atlantic Neuroscience Institute's Concussion Center. "If a concussion is suspected, the athlete should be immediately evaluated for signs of

Shake it off. Play through it. Often, this was common, misguided sports advice when you were growing up. Times have changed. If your child takes a hit to the head, sideline him or her until a physician can examine the injury.

a concussion, including dizziness, headache, confusion, slurred speech, nausea and vomiting."

Educating Coaches and Parents

Heather Peterson, athletic trainer for Hanover Park High School, values the educational efforts Dr. Rempson has made to improve concussion awareness among the teachers, coaches and parents of Hanover Park High School's athletes.

"Our partnership with Atlantic Neuroscience Institute's Concussion Center has been a tremendous asset to our students," Peterson says. "All of the parents and students who have been seen at the Center are thrilled with the treatment they received there. Our partnership with Atlantic Health is truly a unique way to ensure the total health of our student athletes."

Lessening the ImPACT

Available at Atlantic Neuroscience Institute, Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT™) is designed to quickly and efficiently evaluate an athlete's condition in order to determine whether or not a concussion has occurred.

"ImPACT is most effective when it is performed before the season begins—as a baseline screening—and then following any subsequent head injuries in order to help physicians calculate the difference in brain function," says Joseph Rempson, MD, co-medical director for Atlantic Neuroscience Institute's Concussion Center. "Having these individualized results can ensure the best recovery for every athlete following a concussion."



To learn more about this program and others, call 888-210-3935, Monday through Thursday, 8:30 am to 8:00 pm, and Friday 8:30 am to 4:30 pm, or online at atlantichhealth.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.

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

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."



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.

OVERLOOK 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 atlanticealth.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 most programs.

HEALTH AND WELLNESS

Women's Heart Program

The program consists of lifestyle assessment, risk factor analysis, lipid profile, blood sugar, blood pressure, metabolic syndrome screening and education.

For an appointment, call 866-887-8780

Hypnosis For Weight Loss

Tuesdays, July 14, August 11 and September 8, 7:00 to 9:00 pm
Overlook Hospital, Conference Room 3
Fee: \$70

Hypnosis for Smoking Cessation

Tuesdays, June 23 and August 25, 7:00 to 9:00 pm
Overlook Hospital, Conference Room 4
Fee: \$70

Sun Exposure Lectures

See the effects of the sun by using the DermaView machine.

Monday, June 22, 10:00 am to Noon
The Connection, 79 Maple Street, Summit
Tuesday, August 4, 10:00 am to Noon
Famwood-Scotch Plains YMCA, Martine Avenue

DIABETES WELLNESS

Setting the Scene for Healthy Living After Gestational Diabetes

Thursday, June 18 and Tuesday, July 21, 6:30 to 7:45pm
Overlook Hospital
Fee: \$25

SUPPORT GROUPS

Adults With Epilepsy and Their Caretakers

Registration required.
Second Thursday of every month, 6:30 to 8:00 pm
Overlook Hospital, Atlantic Neuroscience Institute

HIV

Second and fourth Thursday of each month, 7:00 to 9:00 pm
Overlook Hospital, Case Management Office
To register, call 973-971-8936

Stroke

CANCER CARE

Free Monthly Educational Lecture Services

Series of free educational lectures for patients, family members and the general public.

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

A comfortable, safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.

Wednesdays, 10:00 to 11:00 am

Overlook Hospital, MAC II building, Breast Center
Conference Room
To register, call 908-522-5255

Now What: Post Treatment and Survivorship Lunch and Learn

Overlook Hospital
For more information, call 908-522-5255

Scar Massage

A one-hour private massage for post-mastectomy patients.
Overlook Hospital
For more information, call 908-522-5211

CANCER CARE SUPPORT GROUPS

Creative Caring

This creative 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

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

Overlook Hospital, Conference Rooms
For more information, 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

For patients who have completed their cancer treatment.

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 as well as the physical

First Tuesday of every other month, starting June 6, 6:00 to 7:00 pm
Overlook Hospital, Wallace Auditorium

SCREENINGS

Blood Pressure

Thursday, July 2, 10:00 am to Noon
5 Points YMCA, Tucker Avenue, Union
Wednesday, August 5, 10:00 am to Noon
Westfield Area YMCA, 220 Clark Street
Friday, August 14, 10:00 am to Noon
Home Depot, Springfield Road, Union

Diabetes

Tuesday, July 7, 10:00 am to Noon
Fanwood-Scotch Plains YMCA, Martine Avenue
Wednesday, September 2, 10:00 am to Noon
Westfield Area YMCA, 220 Clark Street
Friday, September 11, 10:00 am to Noon
Home Depot, Springfield Avenue, Vauxhall

Hearing

Wednesday, July 1, 10:00 am to Noon
Westfield Area YMCA, 220 Clark Street
Friday, July 10, 10:00 am to Noon
Home Depot, Springfield Road, Union
Monday, July 27, 10:00 am to Noon
The Connection, 79 Maple Street, Summit
Tuesday, September 8, 10:00 am to Noon
Summit Area YMCA, 67 Maple Street

Body Mass Index/Body Fat Analysis

Thursday, July 2, 10:00 am to Noon
5 Points YMCA, Tucker Avenue, Union
Wednesday, August 5, 10:00 am to Noon
Westfield Area YMCA, 220 Clark Street
Tuesday, August 11, 10:00 am to Noon
Summit Area YMCA, 67 Maple Street
Friday, August 14, 10:00 am to Noon
Home Depot, Springfield Road, Union

Cholesterol

Fasting is not required.
Thursday, August 6, 10:00 am to Noon
5 Points YMCA, Tucker Avenue, Union

Cardiac

Tuesday, July 14, 10:00 am to 1:00 pm
Summit Area YMCA, 67 Maple Street, Summit

Bone Density for Women

Tuesday, August 11, 10:00 am to Noon
5 Points YMCA, Tucker Avenue, Union
Thursday, September 3, 10:00 am to Noon
Summit Area YMCA, 67 Maple Street
Monday, August 24, Noon to 2:00 pm
Connection For Women and Families, 79 Maple Street, Summit
Tuesday, September 1, 10:00 am to Noon
Fanwood-Scotch Plains YMCA, Martine Avenue

Fee for some screenings: \$10; Registration is required.

Gentle yoga

Mondays, 1:30 to 2:45 pm
Overlook Hospital, Conference Room 3
To register, call 908-522-5349

CHILD BIRTH AND PARENTING

Children and Parenting programs are held at Overlook Hospital, 99 Beauvoir Avenue. A complete list of classes offered can be found on atlantichealth.org. To register for the classes listed below or for additional information regarding dates and times, please call 908-522-2946 or email overlook.parented@atlantichealth.org.

- Labor and Birth
- Baby Signing: An Introductory Seminar
- Mother's Exchange
- Time for Mommy & Me
- Early Pregnancy
- Toddler Nutrition I & II
- Healthy Eating for Babies: Starting Solids and Beyond
- Calm Birth
- Postpartum Depression Group
- Go Baby Green—non-toxic products for your family

EDUCATION

Basic Life Support for the Healthcare Provider

This course is designed to meet the needs of health care professionals who respond to cardiac and respiratory emergencies.
Wednesday, July 8 and Thursday, July 9, 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.
Thursdays, June 18 and July 16, Wednesday, August 19, 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, July 20, 7:00 to 10:00 pm
Pediatric Session: Wednesday, July 22, 7:00 to 10:00 pm
Overlook Hospital, Wallace Auditorium
Fee: \$45 for adult session; \$40 for pediatric session

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

support following a lumpectomy or mastectomy.

The Connection, 79 Maple Street, Summit

For more information and to register, call 908-522-5255

BEHAVIORAL HEALTH SUPPORT AND THERAPY

Chemical Intensive Outpatient Program

Designed 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. 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

Postpartum

New mothers meet and learn to implement coping strategies.
Every other Thursday, 10:30 to 11:30 am

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

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

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 atlanticealth.org and click on "Careers."



Photo by Grant Parr, MD

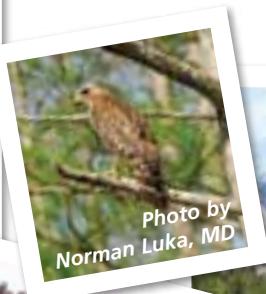


Photo by Norman Luka, MD



Photo by Norman Luka, MD



Photo by Grant Parr, MD

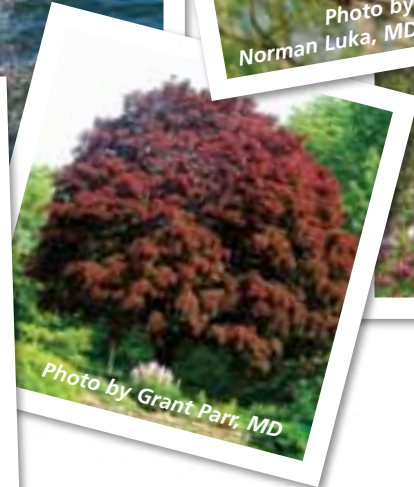


Photo by Grant Parr, MD

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.



Ogei Yar, MD, meets with Women's Heart Program patient Vicki DeMonte.

Offering Women a HAVEN for Heart Health

IN ORDER TO bridge the gap, women must take control of their heart health through education and prevention, especially at a young age. The prevalence of heart disease in women younger than 40 is increasing, meaning it's never too soon to think about reducing your risk for heart disease.

The Women's Heart Program at Overlook Hospital is spearheading the effort to help women take better care of themselves. The Program—designed for women, by women—offers mothers, daughters, career women, homemakers and everyone in between a place to turn for a comprehensive assessment of their heart health and recommendations for living a healthier lifestyle.

One in three adult women has some form of cardiovascular disease. Based on that statistic alone, it's clear that heart disease poses as serious a threat to women as it does to men. Despite this knowledge, there remains a gender gap when it comes to diagnosing and treating heart disease.

Understanding Women's Risk

"Heart disease symptoms in women don't tend to be the classic, chest-grabbing pain portrayed by men in the movies," says Ogei Yar, MD, cardiologist for Gagnon Cardiovascular Institute. "Women tend to experience more fatigue, heartburn and decreased endurance. When women are finally diagnosed

with heart disease, it tends to be more advanced than in men, partly because common methods of detection such as electrocardiograms aren't as accurate with women."

In addition, many young women neglect to choose a primary care physician, opting instead to consider their obstetrician/gynecologist (OB/GYN) to be their regular physician. Such a decision can have serious consequences for a woman's heart health, as OB/GYNs are not specifically trained in the detection of heart disease risk factors.

Every woman should know her cholesterol profile and metabolic profile, which includes weight, body mass index (BMI) and blood glucose level. The high-

sensitivity C-reactive protein (hs-CRP) test also can help determine heart disease risk by checking for inflammation in the body for women with at least a moderate heart disease risk.

Why Choose a Prevention and Awareness Program?

The Women's Heart Program is available to women with or without a physician referral. The Program offers the full spectrum of heart health care, and individuals are welcome whether they have heart disease or are unsure about their risk factors and would like to know more.

Cynthia Holt, RN, cardiovascular clinical nurse specialist for Overlook, knows all too well how heart disease can strike anyone. As a young woman, she felt herself to be immune to the disease, but when she became pregnant at age 40, she experienced two heart attacks. In March 2004, physicians delivered Holt's son safely by Caesarean section, and the new mom eventually recovered after several procedures and time spent in cardiac rehabilitation. The experience, however, was a wake-up call for her.

"I never expected to be the 'poster child' for the Women's Heart Program," Holt says. "Educating women on heart disease risk factors and prevention now is incredibly important to me."

The Women's Heart Program targets

16 components of heart health, from physical risk factors to behavioral ones, and categorizes women as possessing low, moderate or high risk for developing heart disease. Each program participant undergoes an initial assessment with Dr. Yar, who may order blood work or imaging if appropriate. Participants may receive guidance on fitness, nutrition and stress management based on their risk level, and may be referred to other destinations, such as Atlantic Integrative Medicine's Mind Body Center for stress reduction.

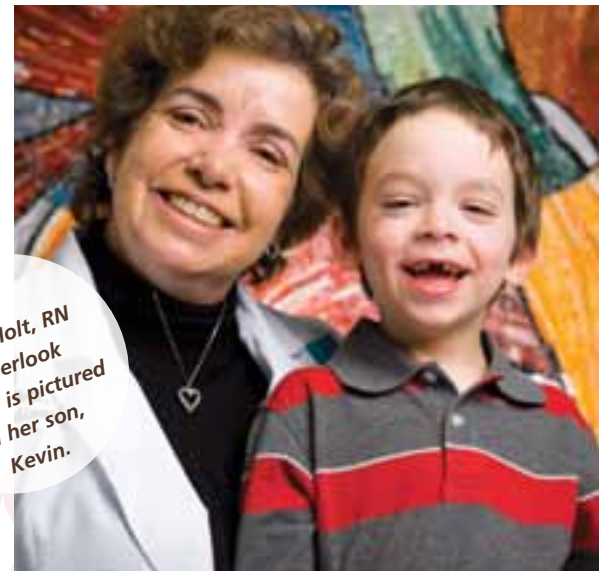
"I'm available to women who visit the Program to advise them on exercise or nutrition," says Gillian McKie, RN, nurse practitioner for the Women's Heart Program. "We want to empower women to act and make their health needs a priority."

Vicki DelMonte, a 54-year-old surgical coordinator for an orthopedic practice in Summit, chose to enter the Women's Heart Program due to her family history of heart disease and personal history of hypertension.

Thanks to lifestyle modifications suggested by Dr. Yar, she's managing stress better and has lost 10 pounds.

"I decided it was my turn to take care of myself," says DelMonte, a wife and mother. "I'm feeling so much better. I truly have pep in my step."

Cynthia Holt, RN for Overlook Hospital, is pictured with her son, Kevin.



Helping Her Heart

Women are at equal risk of developing heart disease as men. Here's a quick primer on what you need to know to keep your ticker in top shape.

RISKS: You stand a greater chance of heart disease if you have a family history of it, are African-American, Hispanic or Native American or 55 and older. You can't change these facts if they apply to you, but you can improve your lifestyle to help beat the odds. Try lowering your blood pressure and cholesterol, keeping fit, controlling diabetes and quitting smoking if these factors apply to you.

SIGNS: If, despite your best efforts, you feel you are experiencing heart problems, turn to the Women's Heart Program at Overlook Hospital. Experts can help you pinpoint the problem and get you on the road to health. Some common heart attack warning signs include: dizziness or nausea, clammy sweats, stomach pain, discomfort or sharp pain in the chest and shortness of breath.

For a referral to a cardiologist at Gagnon Cardiovascular Institute, 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 atlantichealth.org.



Manager of the Women's Heart Program, Nancy Levy, works alongside Sharon Fyffe (left) and Gillian McKie (right) to partner with women to stress the importance of heart health.

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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**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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