

# Well Aware

## Protect Yourself This Summer

**New Reasons  
to Exercise**

**In Case of  
Emergency**

**One Surgeon  
Caring for  
Another**



**Morristown  
Memorial  
Hospital**

**ATLANTIC HEALTH**  
THE PASSION TO LEAD

[atlantichealth.org](http://atlantichealth.org)



**Find us on Facebook**



from the CEO

Dear Friend,

It's summer! Time to kick back and enjoy the longer days and warmer weather. While you're enjoying time with family and friends at the beach or on your back deck, remember what your grandmother used to say: An ounce of prevention is worth a pound of cure.

Don't forget the sunscreen, even when the sun is behind the clouds. Drink plenty of water, watch what you eat at your neighbor's barbeque, make sure your children wear their helmets when biking and leave the fireworks to the professionals. If you do find yourself in an emergency situation, at home or away, know that Atlantic Health is here for you. For more tips on how you can prepare yourself and your family this summer and all year long, see our feedback-inspired article on page 15.

Sincerely,  
Joseph A. Trunfio  
President and CEO  
ATLANTIC HEALTH

## your opinion MATTERS

We want to know what you have to say.

**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@atlanticehealth.org](mailto:well.aware@atlanticehealth.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.

S.B. Shokrieh sent this issue's winning letter in response to "An End to Restless Nights" in the spring 2010 issue of *Well Aware*.

Join in the conversation—  
be a part of it

**DO YOU HAVE A TEXTING TEEN** or a teenager who is distracted by Facebook? Does he or she spend more time playing sports than studying for exams? We want your feedback!

**Email us** at [well.aware@atlanticehealth.org](mailto:well.aware@atlanticehealth.org) or write to Atlantic Health, Attn: Well Aware, PO Box 1905, Morristown, NJ 07962.

See your concerns addressed in a future issue of *Well Aware*.



WINNER'S  
LETTER



*Well Aware* reader  
S.B. Shokrieh writes in:

I particularly enjoyed the article about teens and texting [*Well Aware* spring 2010]. I have shared the article with several of my friends and colleagues.

I know several people with "Texting Teens" and also work with teenagers. I find this an interesting and increasing problem.

Additional articles guiding parents in this area would probably be appreciated.

Thank you.

S.B. Shokrieh  
Millburn

# Beautiful Skin Can Be HEALTHY SKIN

In your 20s, your sun routine may have involved lathering on baby oil every 30 minutes. Now, all those summers spent basking in the sun are starting to show in the form of age spots and wrinkles.

**WITH RECENT INNOVATIONS** in skin damage reversal, younger-looking skin can be a reality—even through your 50s and 60s.

Dermatologists at Atlantic Health offer a number of treatments for decreasing the appearance of skin damage, including creams and gels, chemical peels, skin fillers and laser surgeries.

“Sun damage speeds the aging process,” says Teresa Notari, MD, dermatologist for Overlook Hospital. “But with innovative treatments to reverse the signs of skin damage, you can stop the clock and get healthier-looking skin.”

## Natural Protection

Now that you have diminished the sun damage, it’s easier than you think to maintain healthier-looking, protected skin. It all starts with your daily routine. Most cosmetic products now feature hypoallergenic formulas complete with sun protection factor (SPF).

Mineral makeup is one of the most popular natural cosmetic choices today to hide skin damage. The cosmetic industry reports that the best mineral makeup contains a number of ingredients designed

for the purpose of improving the appearance of your skin. These ingredients include broad-spectrum ultraviolet A and B sun protection, as well as zinc, magnesium and some anti-inflammatory properties. Because mineral makeup reflects the sun, it also helps hide facial fine lines and wrinkles. For added sun protection, start your makeup routine with a lotion or tinted moisturizer with built-in SPF protection.

## Prevent Future Damage

If you’re spending any time outdoors, be sure to add a broad-spectrum sunscreen to your sun protection routine for the best defense against skin damage. Use it on any exposed skin, including your neck, arms, ears, chest and legs.

“I can’t emphasize enough the importance of wearing a sufficient amount of sunscreen with at least SPF 30 and reapplying it frequently,” Dr. Notari says. “While you may remember to apply sunscreen before leaving the house, many get distracted at the beach or pool and forget to reapply as much as needed. Without proper reapplication, your skin loses its protection.”



*For more information about cancer-detecting screenings in your area or for a referral to an Atlantic Health skin specialist, call 866-454-7538 or visit [atlanticealth.org](http://atlanticealth.org).*

## Sun Shield

You know much more today about sun protection than your parents knew when you were a kid. To lower your child’s risk of getting skin cancer later in life, promote safe sun habits now.

- **Slather up all year long.** Just because the sun isn’t visible doesn’t mean your child’s skin isn’t vulnerable. Even on cool or overcast days, ultraviolet (UV) rays travel through the clouds and reflect off water, sand, snow and even concrete.

- **Cover up.** Shelter your child from the sun with a hat, sunglasses, jacket and a wide umbrella.

“Parents should teach their children early on about the importance of sun safety to prevent skin cancer,” says Daniel Groisser, MD, board-certified internist and dermatologist for Morristown Memorial Hospital. “Remember, each person age 12 and older should get a baseline skin examination and then coordinate further exams with his or her physician, based on that person’s particular case.”





# Real *Healing* HORSEPOWER

For equine surgeon and veterinarian Dennis Milne, 63, of Pittstown, pictured above, working with horses is more than a job or hobby—it's a passion. An avid rider, Dr. Milne was on a young stallion when the horse began to buck. The next series of traumatic events was out of Dr. Milne's control and would require rapid transportation by helicopter, emergency surgery and expert rehabilitation.

*Dr.* MILNE, who is a DVM and Diplomate of the American College of Veterinary Surgeons, always had a love for horses. He began riding at age 10; by age 26, he was an equine surgeon specializing in orthopedics and reproduction.

"I enjoy riding horses for pleasure and on this day, the stallion's intense bucking motion caused him to throw me in such a way that it launched me hard against the front of the saddle," Dr. Milne recalls. "I knew by the time he threw me off his back and I hit the ground that I had a major injury."

Dr. Milne was rushed by ambulance to Hunterdon Medical Center, where X-rays quickly revealed he had a grade III anterior-posterior compression (APC) fracture and a fractured *iliosacral*, a severe pelvic bone fracture that is incredibly painful and life-threatening. Dr. Milne's fracture is commonly associated with organ damage and severe hemorrhaging. Due to the serious

risk, Dr. Milne required emergency surgery and was airlifted to Morristown Memorial Hospital's emergency department, which is staffed around the clock for such instances.

### When Minutes Count

"I was thankful to be airlifted because at the time, the medical staff couldn't be sure if I was hemorrhaging internally or not," Dr. Milne says. "The Atlantic Health Air One helicopter not only offered expedient transportation, but also a much better comfort level for my injury versus bumping around the streets in an ambulance."

Upon arriving at Morristown Memorial, Dr. Milne was taken directly to the Level I Trauma Center, where he was immediately assessed by the emergency staff who was anticipating his arrival.

"We were familiar with the basis of Dr. Milne's condition and

knew he was in a lot of pain and had to act fast," says Louis DiFazio, MD, director of trauma, surgical critical care and injury prevention for Morristown Memorial. "Pelvic fractures can lead to a variety of serious complications because of the proximity to many vital organs. We began analyzing his risks and treating him immediately."

Dr. Milne recalls he was very impressed with the speed and efficiency the emergency trauma team showed him.

"They had a truly coordinated team approach when making a diagnosis and determining the most appropriate prescribed form of treatment as an entire unit, which gave me great confidence and made me feel comfortable," Dr. Milne says. "From the moment I entered the doors until I left, I experienced nothing but exceptional care and attention."

### Surgeon Meets Surgeon

Dr. Milne was under the care of Rolando Rolandelli, MD, professor of surgery at UMDNJ New Jersey Medical School and chair of surgery for Morristown Memorial.

"It was interesting caring for Dr. Milne because he was very familiar with fractures and the different types of treatment," Dr. Rolandelli says. "I've never seen anyone remain so calm about what was going on. He always wore a smile, and his tolerance for pain was remarkably high."

Once the emergency surgery team at Morristown Memorial evaluated Dr. Milne's condition, staff set in motion a plan of action.

"In the beginning, the plan was to use screws and plates to hold the fracture together," Dr. Rolandelli explains. "However, upon discovery of additional injuries from the fracture, we had to put in an external fixture instead. This consisted of pins being surgically placed in his pelvis and external clamps, which allowed us to move and tighten the fracture."

Due to the delicacy of his surgeries, Dr. Milne remained hospitalized for 10 days and was ordered to complete six weeks of bed rest before beginning physical therapy through Atlantic Rehabilitation Institute at Atlantic Health. He returned to working part time within four months of surgery and, after five months, returned full time.

### Back in the Saddle

"Initially, we had a lot of concern that Dr. Milne would need additional orthopedic surgery to allow him to walk properly, but he healed beautifully," Dr. Rolandelli says. "A significant factor that enabled his outstanding recovery was his dedication to living a healthy lifestyle and maintaining a physically fit body—especially for his age."

Dr. Milne is still working as a full-time equine surgeon and has recently begun riding again.

"I feel well now and although I still have some pain, it has greatly diminished and continues to do so each day," Dr. Milne says. "I'm extremely excited to be back to my passion of riding and working with horses at my practice."



For more information about Morristown Memorial's Level I Trauma Center and expert emergency surgical care, call **866-364-7831** or visit **atlanticealth.org**.



Dr. Milne's case represents how well coordinated all of the departments within Morristown Memorial Hospital are. From transferring him to Morristown Memorial and the team in the emergency department to the surgical team and rehabilitation, each person involved in his care was integral to getting Dr. Milne walking, working and, most of all, riding again."

—Richard Schenk, MD, trauma and fracture care orthopedic surgeon and director of orthopedic trauma for Morristown Memorial Hospital





# Doctors Called to *Serve*

The exceptional care provided by Atlantic Health physicians is not just limited to members of the community. Meet four doctors whose commitment to caring has taken them to places all over the globe.

## Hope After Tragedy

When Bruce Mintz, DO, director of anticoagulation services for Morristown Memorial Hospital, saw pictures of the destruction in Haiti after the Jan. 12 earthquake, he knew he wanted to help. Dr. Mintz arrived in Haiti six days after the earthquake.

With specialties in wound care and medical vascular disease, Dr. Mintz spent nine days in Haiti working at a 400-bed makeshift hospital and treating patients who had suffered traumatic wounds and surgical amputations.

"The week that I spent in Haiti was truly the defining week of my medical career," Dr. Mintz says. "It was an amazing experience. To have the opportunity to use my skills and see physicians from all over the world partner to provide aid for these patients was incredible."

## Providing Care for the World's Youngest Patients

• Daniel Pyo, MD, former chief of plastic surgery for Morristown Memorial Hospital, and Eric Lazar, MD, pediatric surgeon for Overlook Hospital, have also been involved with work abroad, helping pediatric patients who have not had access to medical treatment.

Dr. Pyo has been a member of Operation Smile for the past 12 years, performing cleft lip and palate surgery on children who are born with congenital defects. Recently, Dr. Pyo visited Guwahati, India, a remote area that had thousands of untreated patients in need of the procedure.

"Feasibly, we won't be able to treat every child in need of this surgery," Dr. Pyo says. "However, for every child we do treat, we are providing the opportunity for a better life. Parents' love for

their children is universal, and seeing their expressions of love, hope, anticipation and joy after their child has been treated makes everything worthwhile."

Dr. Lazar recently completed his first medical mission trip to China with the Children of China Pediatrics Foundation, providing surgery for children with lower abdominal and congenital urological defects.

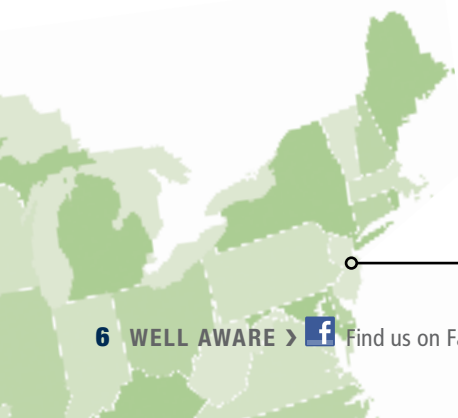
Working with children in orphanages, Dr. Lazar provided care for patients who otherwise would not have been candidates for adoption.

"This was my first trip, and it was a wonderful way to bring some of the magic that we do here for children to orphans who otherwise would not have had a chance," Dr. Lazar says. "Doing this kind of work is so enriching for us because we are literally embraced into another culture and have the opportunity to give a child the chance to live a radically different life."

## Leaving a Legacy

The Benjamin H. Josephson Fund is a foundation started in 1998 by Donald Gant in memory of his friend Benjamin Josephson, MD, founder and faculty member of the family medicine residency program for Overlook Hospital, and committed medical volunteer. When Susan Kaye, MD, chair of the department of family medicine for Overlook Hospital, was asked to direct the Fund, she desired to get involved with its core mission, embarking on her first medical mission trip to Macedonia in 1999 where she provided medical care for refugees who had fled during the Kosovoan War.

Since then, Dr. Kaye has traveled with medical volunteers, including residents in training, to many areas of need around the world, using mission work as not only a way to give back, but also an educational opportunity for young professionals. By providing financial support to trainees, they hope to encourage





lifetime volunteerism. Currently, she is doing most of her medical work in Latin America, where she serves on the executive committee of the board of directors for a Honduras-based organization called Shoulder to Shoulder, which serves one of the poorest communities in the western hemisphere.

"I have had the privilege to travel with many medical providers to areas of great need," Dr. Kaye says. "Each of these experiences has been life changing and has allowed us to contribute to easing the burden of poverty and neglect."

Through the Benjamin Josephson Fund, more than \$395,000 has been provided for physicians, nurses and residents who have participated in medical volunteer work in more than 35 countries around the world.



## Another Reason to **EXERCISE**

Strengthening muscles through exercise can help people maintain control over their bodies, combating the effects of certain health conditions. Focusing on core strength with Pilates may be an effective option for reducing a woman's risk for incontinence, and performing Tai chi may help improve balance for those with Parkinson's disease.

**WOMEN CAN REDUCE** their risk for symptoms of stress incontinence by exercising to strengthen core muscles while isolating muscles of the pelvic floor, which stretch across the opening of a woman's pelvis. Women can isolate these muscles by squeezing the pelvic floor as if stopping a stream of urine.

"In the last 10 years, the technology we use for treating stress incontinence has improved by leaps and bounds," says Patrick Culligan, MD, director of urogynecology and reconstructive pelvic surgery for Atlantic Health. "When exercise proves ineffective, we can place vaginal slings during an outpatient procedure. Collagen injections can be performed in an office setting. When correcting pelvic organ prolapse, we offer robot-assisted and laparoscopic procedures to minimize the recovery time, helping patients return to their normal activities more quickly."

### Leading the Field

Experts at Overlook Hospital are studying the effects of Tai Chi on Parkinson's symptoms. Evidence points to the martial art improving balance, and balance problems greatly affect quality of life for those with Parkinson's.

"Patients with Parkinson's disease are at increased risk of falls due to issues with balance," says Roger Kurlan, MD, director of movement disorders for Atlantic Neuroscience Institute at Overlook Hospital. "Our hope is that the Tai Chi exercise program will improve Parkinson's patients' balance, reduce the number of falls that these patients experience and improve their sense of well-being."



For a more detailed background of some of the physicians at Atlantic Health, visit [atlantichhealth.org](http://atlantichhealth.org) and click on "Find A Doctor" and then "Physician Spotlights." For a physician referral, call 866-492-5380.



For more information about our exercise and integrative medicine programs, call 866-254-5381.

# calendar of events



MORRISTOWN MEMORIAL HOSPITAL

July 6 through October 11, 2010

Unless otherwise noted, registration is required for all events and programs. To register for an event, program or screening, visit [atlantichospital.org](http://atlantichospital.org) or call 800-247-9580, unless an alternative phone number is listed. \*A fee is associated with this program or screening.

Find us on Facebook for updates on all events and calendar listings. 

## health and wellness

**Hypnosis for Smoking Cessation**  
 > **Thursdays, July 22, September 23, 7:00 to 9:00 pm**  
 95 Madison Avenue, Suite B06, Morristown  
 Fee: \$70

### WEIGHT LOSS

**Alliance Center for Weight Management**  
 Free orientation to discuss various programs offered.  
 > **Tuesdays, July 13, September 7, 14, 21, 28, and October 5, 6:30 to 8:00 pm**  
 Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Morristown

**Hypnosis for Weight Reduction\***  
 > **Tuesdays, July 13, August 10, 7:00 to 9:00 pm**  
 95 Madison Avenue, B Level, Conference Room B06, Morristown  
 Fee: \$70

### METABOLIC MEDICINE AND WEIGHT CONTROL CENTER\*

**Medical Metabolic Weight Loss (nonsurgical) and Surgical Approaches to Weight Loss**  
 Explore your weight-loss options.

> **Tuesdays, July 13, August 10, September 14, 7:00 to 8:00 pm**

#### Eating Adjustment Class

> **Mondays, August 2, September 13, 10:00 to 11:00 am**

#### Band Weight-Loss Surgery Support

> **Tuesdays, July 13, August 10, September 14, 6:00 to 7:00 pm**

#### Gastric Bypass

> **Third Tuesday of every month, 6:00 to 7:00 pm**

*\*The above weight-loss programs are held at the Metabolic Medicine and Weight Control Center, 95 Madison Avenue, Suite 304, Morristown. To register, call 973-971-7053.*

### WELLNESS LECTURES BY THE EXPERTS

Better Bones for a Lifetime

## cancer care

### Post Breast Surgery

For those two to 18 weeks outside of breast surgery  
 > **Tuesdays, July 13, September 14, November 2, 6:00 to 8:00 pm**  
 Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Morristown  
 To register, call 1-800-ACS-2345

### Look Good... Feel Better

For women who are undergoing treatment and striving to manage their appearance.  
 Third floor conference room  
 Call 800-ACS-2345 for dates and times

### SUPPORT FOR CANCER PATIENTS AND THEIR FAMILIES

#### Gynecological

> **First Monday of the month, Noon to 1:30 pm**  
 Women's Center conference room\*

#### Breast

> **Third Tuesday of the month, 7:00 to 8:30 pm**  
 First Floor conference room

#### Ostomy

> **Third Wednesday of the month, 7:30 to 9:00 pm**  
 First Floor Radiation Oncology

#### Prostate: US TOO

> **Tuesdays, July 6, August 3, September 7, October 5, 7:30 to 9:00 pm**  
 Malcolm Forbes Amphitheater

#### Head and Neck

> **Wednesdays, July 21, August 18, September 15, October 15, 1:30 to 3:00 pm**  
 Third Floor conference room

#### Bereavement

> **Thursdays, September 23, 30, and October 7, 14, 21, 28, 5:00 to 6:30 pm**

> **Third Tuesday of each month, 5:30 to 7:00 pm**  
 Third floor conference room  
 To register, call 973-224-6900

#### Pancreatic

## support groups

### Fibromyalgia

> **Wednesdays, July 7, August 4, September 1, October 6, 6:30 to 8:00 pm**  
 Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, Room 222, Morristown  
 To register, call 973-267-2293, x2012

### Stroke Survivor and Caregivers

> **Third Thursday, 1:00 to 3:00 pm**  
 Atlantic Rehabilitation Institute, 95 Mount Kemble Avenue, conference room 222

### Hydrocephalus

> **Thursday, August 5, 6:30 to 9:00 pm**  
 Morristown Memorial Hospital, Auditorium B  
 To register, call 973-326-9000

### Autistic Spectrum Disorders

> **Fourth Tuesday of every month, 6:00 to 7:30 pm**  
 Morristown Memorial Hospital, Anderson Building, Section D  
 Presenter: Christopher Lynch, PhD

### Spondylitis

> **Saturday, July 10, 10:00 am to Noon**  
 Presenter: Ronald Glassman, MD

> **Saturday, September 11, 10:00 am to Noon**  
 Atlantic Rehabilitation Institute, Room 577, 95 Mount Kemble Avenue, Morristown

## alternative medicine

### Changing Lifestyles\*

Healthy lifestyle programs are held at Gagnon Cardiovascular Institute at Morristown Memorial Hospital. For more information or to register, call 973-971-6301.  
 Fee: varies

## screenings

15th Annual Community Health Day

Prevention, risks and treatment options for osteoporosis

- > **Monday, September 13, 1:00 to 2:00 pm**  
95 Madison Avenue, Suite 306, Morristown  
Presenter: Marie Bartello, RN, with the North Jersey Regional Arthritis Center

### Third Annual Healthy Aging Seminar

- > **Tuesday, September 14, 1:30 to 3:30 pm**  
Malcolm Forbes Amphitheater, Morristown Memorial Hospital
- Open House: Pain Management Center**  
Get the latest information about pain control options and safety with medications. Refreshments and screenings will be offered.
- > **Wednesday, September 29, 5:00 to 7:00 pm**  
95 Madison Avenue, fourth floor, Morristown

## DIABETES WELLNESS

### Insulin Basics Education

- > Appointments are available: Monday through Friday, 8:00 am to 4:00 pm

### Medical Nutritional Counseling

- > Appointments are available: Monday through Friday, 8:00 am to 4:00 pm

### Gestational Diabetes Education Classes

- > Thursdays, 9:00 to 11:00 am

### Diabetes Education Class

- > **Tuesdays, 5:00 to 7:00 pm** or **Thursdays, 1:30 to 3:30 pm**  
Conference room 2, B Level, Morristown Memorial Hospital

### Diabetes Type 1 Pump Support Group

Learn more about living with Type 1 diabetes.

- > **Thursdays, August 5 and October 7, 7:00 to 8:00 pm**  
Department of Medicine Conference Room, first floor, Morristown Memorial Hospital

### Diabetes Support Group

- > **Thursday, July 22, 7:00 to 8:00 pm**

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

## children and parenting

Children and parenting programs are held at Morristown Memorial Hospital. For more information or to register, call 973-971-5027 or visit [atlantichealth.org](http://atlantichealth.org) and click on "Classes & Events" then "Parent Education." Fee varies by class

- **1, 2, 3, 4, Parents: Discipline That Works**
- **Moms and Babies Together**
- **Feeding Your Healthy Family**
- **Going Home With Your Baby**

- > **Third Thursday of the month, 11:00 am to 12:30 pm**  
Third Floor conference room

### Lung

- > **Fourth Wednesday of the month, 2:00 to 3:30 pm**  
Third Floor conference room

### I Cancer Vive

An eight-week class that empowers patients

- > **Fridays, 10:00 am to Noon**

### Talking to Children About Cancer

- > **Wednesday, September 29, 10:00 to 11:30 am**  
To register, call 973-971-4974

## CANCER CARE THROUGH INTEGRATIVE MEDICINE

### Writing as a Way to Heal

- > Eight-week program, dates to come

### Gentle Yoga

- > **Tuesdays, 5:30 to 6:30 pm**
- > **Wednesdays, 11:00 am to 12:15 pm**
- > **Thursdays, 1:00 to 2:15 pm**

### Restorative Yoga

- > **Thursdays, 1:00 to 2:15 pm**  
First Floor, Mind/Body conference room

### Therapeutic Touch

- > **Tuesdays, August 10, 17, 24 and October 5, 12, 19**  
To register, call 973-971-4063

### Oigong/Tai Chi

- > **Mondays, 6:00 to 7:00 pm**  
First floor, Mind/Body conference room

### Meditation

- > **Every Tuesday, Noon to 12:45 pm**

*\*All cancer programs are held at Carol G. Simon Cancer Center, Morristown Memorial Hospital, unless otherwise noted. For information, call 973-971-6514.*

- **Breastfeeding**
- **Especially for Siblings**
- **Prepared Childbirth**
- **Calm Birth**
- **Happiest Baby on the Block**
- **Aqua Aerobics**
- **Prenatal and Postpartum Exercise**
- **Go Baby Green**

A day dedicated to keeping our community healthy. Free health screenings include: blood pressure, cholesterol, diabetes, bone density, vision and hearing, prostate cancer, and more. Talk to the experts and visit health exhibits.

- > **Saturday, September 11, 9:00 am to 1:00 pm**  
Headquarters Plaza Complex, Speedwell Avenue, Morristown  
Registration is required to receive these screenings.

### Blood Pressure and Diabetes

- > **Wednesday, July 7, 10:00 am to 1:00 pm**  
Pinch Brook Golf Course, 234 Ridgedale Avenue, Florham Park
- > **Wednesday, August 11, 10:00 am to 1:00 pm**  
Sunset Valley Golf Course, 47 West Sunset Road, Pompton Plains
- > **Friday, September 3, Noon to 3:00 pm**  
Parsippany Shop Rite, 808 Route 46
- > **Friday, September 10, Noon to 3:00 pm**  
Succasunna Shop Rite, Route 10 and Commerce Boulevard

### Blood Pressure

- > **Fridays, July 2, August 6, September 3, Noon to 3:00 pm**  
Parsippany Shop Rite, 808 Route 46
- > **Fridays, July 9 and August 13**  
Succasunna Shop Rite, Route 10 and Commerce Boulevard

### Cholesterol\*

- > **Wednesday, September 22, 9:00 to 11:00 am**  
Morris Center YMCA, 79 Horse Hill Road, Cedar Knolls
- > **Monday, September 20, 9:00 to 11:30 am**  
Madison Area YMCA, 111 Kings Road
- > **Tuesday, September 21, 10:00 am to 1:00 pm**  
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes  
Fee for cholesterol screenings: \$10

### Vascular\*

- Carotid Artery Disease
- Abdominal Aortic Aneurysm
- Peripheral Artery Disease
- > **Saturday, September 25, 8:30 am to 1:00 pm**  
Cardiovascular Lab at Gagnon Cardiovascular Institute, Morristown Memorial Hospital
- Pre-registration and pre-pay are required.  
Fee: \$50

### Foot and Glucose

- Join the Wound Healing Center and have your feet evaluated. No fasting is required.
- > **Fridays, August 20 and November 19, 1:00 to 4:00 pm**  
(20-minute appointment)  
Wound Healing Center, 182 South Street, Morristown

### Bone Density\*

- > **Wednesday, July 21, 9:00 to 11:30 am**  
Madison Area YMCA, 111 Kings Road
- > **Thursday, July 22, 10:00 am to 1:00 pm**  
Lakeland Hills Family YMCA, 100 Fanny Road, Mountain Lakes  
Fee for bone density screenings: \$10



Get the latest health and wellness news by signing up for your free, personalized e-health newsletter at [atlantichealth.org](http://atlantichealth.org).

# MILESTONES:

You met the Karch family on Parents.tv—the online video extension of *Parents* magazine—chronicling the birth of their fourth child. Catch up with how Noah John is doing as he crawls toward his first birthday.

## Baby's First Birthday



**NOAH, TURNING 1** in August, is a happy baby who adores his older brother, Salvatore, 11, and sister, Gabriela, 10. Always smiling, he was learning to pull himself up and stand at 8 months.

“When filming the birth of Noah for all to see, it was a little awkward at first, but I relaxed and was able to focus on my wife, AnnaMaria, and the baby,” says father, Scott. “Everyone at Morristown Memorial Hospital was

exceptional, taking care of everything soup to nuts.”

### Expert Maternal Care

AnnaMaria delivered her first three children at another area hospital. Changing hospitals and obstetricians to Morristown Memorial was a difficult but rewarding decision.

“Noah is the miracle child,” AnnaMaria says. “We are blessed to have such a happy baby following the grief we experienced after losing his brother John to an E. coli infection. We are thankful for the committed staff at Morristown Memorial who did all they could for John and helped us welcome Noah into the world safely.”



For more information about maternity services or parent education classes offered at Morristown Memorial and Overlook hospitals, call 866-259-7411 or visit [atlanticehealth.org](http://atlanticehealth.org).

### Healthy, Happy Meals

With teeth and increasing mobility, a toddler's nutrition needs shift from an infant's to more like mom and dad's. A parent's job is to add more and more nutritious options to help a toddler establish healthy eating habits and meet his or her growing nutritional needs.

#### ON THE MENU

Because your toddler has a small tummy, nutrient-rich foods, such as fruits and vegetables, are important choices for your toddler. Protect your toddler from anemia by including beans, fish, meat, poultry, tofu, and iron-fortified cereals and snacks in his or her diet.

At age 12 months, toddlers can start drinking whole milk for calcium and vitamin D. He or she is also ready to transition to a cup from a bottle at age 12 to 18 months. Offer a cup of milk after your child has started eating the

meal, and let your child tell you when he or she has had enough to eat.

**Feeding Your Healthy Family** offered by Atlantic Health helps parents organize shopping and prepare easy and nutritious meals.

“Parents may access information online, but it can still be confusing to know what is normal behavior and what is an issue with their growing child,” says Amy Gole, manager for parent education and breastfeeding support for Morristown Memorial and Overlook hospitals. “Our classes help parents gain perspective to help their kids get off to a good start.”

### Expert Medical Care

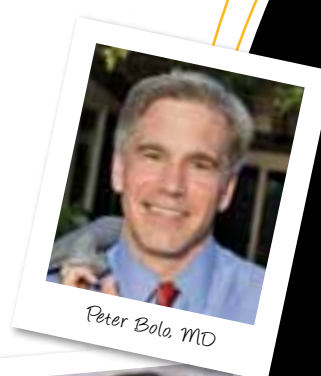
Marisol Flores, MD, OB/GYN, for Morristown Memorial, delivered Noah via cesarean section. However, the toughest part was keeping the sex of the baby a secret from mom and dad until he arrived. According to Dr. Flores, the whole family did great throughout the entire process and is looking forward to his birthday celebration.



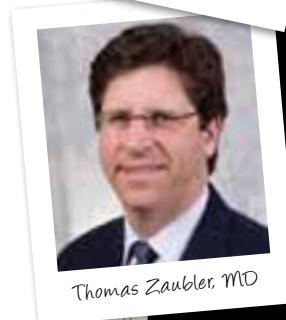
Mention electroconvulsive therapy (ECT, commonly referred to as “electroshock therapy”) and most people conjure an image of Jack Nicholson in a horrifying scene from *One Flew Over the Cuckoo’s Nest*. While the media tends to portray ECT in its most primitive, inhumane form, nothing could be farther from the reality of ECT as it exists today.

# The TRUTH About Electroconvulsive THERAPY

**PETER BOLO, MD**, chair and medical director of the department of psychiatry and behavioral health for Overlook Hospital, and **Thomas Zaubler, MD**, chair and medical director of the department of psychiatry and behavioral health for Morristown Memorial Hospital,



Peter Bolo, MD



Thomas Zaubler, MD

help explain this helpful but often misunderstood treatment.

**Q:** Who is a good candidate for ECT?

**Dr. Zaubler:** ECT is extremely effective for patients who are severely depressed and have failed several trials with antidepressants. Patients who are good candidates for ECT, due to the severity of their depression, may have suicidal thoughts or plans or find that their thinking or judgment is impaired by their depression. ECT can also be beneficial for patients with bipolar disorder or schizophrenia.

**Q:** What are the most common misconceptions about ECT?

**Dr. Bolo:** People often think that ECT is a barbaric treatment that causes brain damage and destroys people’s memory. While severe memory loss may have been a side effect in its earliest stages in the 1940s and 50s, the treatment has evolved significantly.

**Q:** How does ECT really work?

**Dr. Zaubler:** Using brief electrical current, ECT induces a seizure that causes a change in the balance of neurotransmitters in the brain, which helps patients combat depression. Patients are placed under general anesthesia and are given muscle relaxants prior to the procedure to eliminate convulsions and pain.

Morristown Memorial Hospital is about to open a new center called the Center for Therapeutic Brain Stimulation, which will feature both electroconvulsive therapy and transcranial magnetic stimulation (TMS). The U.S. Food and Drug Administration recently approved TMS as an effective treatment for severe depression in patients who have not responded well to medication. TMS treatment involves magnetic field pulsing to stimulate the brain.

Currently, Morristown Memorial is just one of two hospitals in New Jersey to feature TMS therapy, and the new Center for Therapeutic Brain Stimulation shows the facility’s dedication to remaining on the cusp of medical innovation.

## Looking Back

Shortly after the inception of electroconvulsive therapy (ECT) in the late 1930s, people began to question its value. Throughout the 1940s and 50s, ECT was performed relatively indiscriminately on mental health patients and was associated with negative side effects.

“In its earliest days, ECT was delivered without anesthesia or muscle relaxers—unlike today—and frequently the electrical current wasn’t properly dosed,” says Peter Bolo, MD, chair and medical director of the department of psychiatry and behavioral health for Overlook Hospital. “The body would convulse, and it was even possible to break a tooth or bone.”

This barbaric form of ECT was performed less frequently during the anti-psychiatry movement beginning in the 1960s, and ECT wasn’t popularized again until the mid-1980s, when it became clear that psychiatric medications don’t work for all patients. At this time, researchers determined that when properly administered, ECT could be safe and highly effective.



For a referral to a behavioral health expert at Atlantic Health, call **866-230-2490** or visit [atlantichealth.org](http://atlantichealth.org) and click on Find A Doctor.”

# Making History

Long Valley's Carter Blankenship thought he was resigned to living a shortened life consisting of taking daily heart medication. Today, he's been given a new chance at life, making medical history in the process.

AT 71 YEARS old, Blankenship believed he had run out of options to control his end-stage heart failure, as he was too weak to walk and had trouble breathing. When doctors approached him about a procedure that could possibly allow him to regain his quality of life, he agreed to take a chance.

Doctors at Gagnon Cardiovascular Institute implanted a HeartMate II® device into Blankenship's heart. Once only used to treat patients who were waiting for a heart transplant, the device was approved as destination therapy by the U.S. Food and Drug Administration on Jan. 20, and Blankenship was the first patient to receive the device for destination therapy following approval.

"The HeartMate II is now an option to help more people with severe heart disease live life to the fullest," says Frank

Smart, MD, chair of the department of cardiovascular medicine at Atlantic Health. "Patients who once felt they were resigned to just sitting back and watching life pass by now have the opportunity to enjoy life to its fullest with the help of this device."

## Living a Full Life

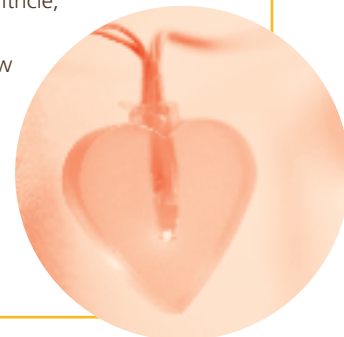
"When I first met Mr. Blankenship, he was literally dying," says Barbara Lee-Grasso, ventricular assist device nurse practitioner for Morristown Memorial Hospital. "Just several weeks after his surgery, he is so much brighter and happier. His color has returned, and he is doing great."

For Blankenship, the HeartMate II is allowing him to spend precious time with his grandchildren and enjoy life again.

"I feel like I have been given a second chance," he says.

## Life With a HeartMate II

The HeartMate II is a battery-powered device that is implanted into the hearts of patients whose left ventricles have become too weak to adequately pump blood into the aorta, causing end-stage heart failure. By working to bypass the left ventricle, the HeartMate II restores blood flow throughout the patient's body, allowing him or her to regain strength and quality of life.



To support the patients who have received the HeartMate II device, as well as their families, we are establishing a left ventricular assist device [LVAD] support group meeting, which will be held at Morristown Memorial Hospital on the fourth Sunday of the month at 1:00 pm. We also are planning the first reunion of all New Jersey LVAD and transplant patients on Sept. 23 at 3:00 pm at Gagnon Cardiovascular Institute. This will be an opportunity recognize the unique brotherhood they all share as LVAD patients."—Victor Fabry, visiting chair of Mended Hearts Chapter 56 in Morristown, New Jersey

"Because so many people suffer from heart failure, using the HeartMate II device as destination therapy will greatly enhance the services we offer our patients."—James Slater, MD,

cardiothoracic surgeon for Morristown

Memorial Hospital



For a referral to a cardiologist at Gagnon Cardiovascular Institute, call 866-896-7764 or visit [atlanticealth.org](http://atlanticealth.org) and click on "Find A Doctor."



# REACH *Peak* Performance

You're already anticipating the next 12 weeks of training for an upcoming running event. How do you get your body in top condition to perform at your best?

**WHETHER YOU'RE AIMING** to break a personal record or in full gear with the fall sports season, all aspects of health can affect your performance. Athletes must take a whole-body approach to care, including nutrition, a training regimen, injury prevention and muscle strengthening.

"With sports performance testing, we're able to see an overall picture of an athlete, from his or her stride to his or her heart rate," says Damion Martins, MD, board-certified internal medicine and sports medicine physician for Atlantic Sports Health at Morristown Memorial Hospital. "This gives us a point of reference to evaluate an athlete throughout his or her training schedule and mark improvements."

## Calculated Precision

Beginner, master and elite athletes alike can benefit from having their own workout partner. Whether you're aiming to stay healthy and fit or to beat a long-time competitor, consider all the factors of performance. After a sports performance evaluation, specialists at Atlantic Sports Health at Morristown Memorial Hospital set athletes on track to meet their goals. Atlantic Sports Health offers:

- individualized menus to help athletes get the right nutrients for their level of activity to maximize potential
- training routines to help athletes meet and surpass goals while focusing on their strongest and weakest muscles and joints
- board-certified orthopedists to treat injuries and plan a rehabilitation program
- a highly skilled staff of physiatrists, physical therapists and sports psychologists dedicated to the efficient, effective prevention and treatment of injuries to keep athletes on the field

## By the Numbers

Maximum performance depends on the body's ability to deliver oxygen to the muscles. By measuring an athlete's VO2 max capabilities—a term that describes an athlete's body's ability to use oxygen during aerobic endurance activities, such as running, cycling and swimming—specialists can determine an athlete's highest level of output or horsepower.

"By knowing at what heart rate you reach anaerobic threshold, you can determine an appropriate heart-rate training zone," says Damion Martins, MD, board-certified internal medicine and sports medicine physician for Atlantic Sports Health at Morristown Memorial Hospital. "This is especially helpful for those trying to lose weight by maintaining exercise in their fat-burning zone. This is typically 60 percent to 75 percent of their heart rate training max, but it can also be very unique to the individual."

Performance testing is a great tool for maximizing athletic performance and overall health performance.

## A VO2 WORKOUT

Interval training for runners can optimize VO2 performance. Run for four minutes at a pace slightly faster than a race pace, for example, followed by a slower-paced jog for a few minutes. Repeat this sequence three to four times for beginners, and only do interval training about once a week—a more demanding pace can zap a runner's energy level.



For more information about this program or to make an appointment, call 866-476-6192.

Are you afraid to pull on a pair of shorts for fear of revealing varicose veins? Stop worrying, help is here.

# Take Control of *Varicose Veins*

UP TO 40 PERCENT OF WOMEN and 18 percent of men in the United States will suffer from varicose veins. Some people even begin to show signs as early as age 20.

"Varicose veins aren't solely a cosmetic problem," says Michael Ombrellino, MD, division chief of vascular surgery for Morristown Memorial Hospital. "These dark purple or blue cord-like lines on the legs can also be a source of intense pain, with symptoms such as achy or heavy feelings in the legs, burning or throbbing in the legs, itching around the veins, or pain after sitting or standing at length. Women are more likely to develop painful varicose veins as a result of hormonal changes that relax vein walls."

## Offering a Nonsurgical Solution

When you decide to end your suffering with varicose veins, you can find the right treatment nearby.

Options for ridding yourself of varicose veins include:

- endovenous laser ablation, which uses lasers to damage and cut off bloodflow through the vein
- radiofrequency occlusion, which uses soundwaves to collapse the vein
- ultrasound-guided sclerotherapy, which involves the injection of a solution that clots the blood collected in the veins

"If you develop severe varicose veins and are concerned with how they look, a noninvasive procedure may help," says Clifford M. Sales, MD, vascular surgeon, general surgeon for Overlook Hospital. "Sclerotherapy may be the best solution for small to moderately sized veins. Generally, veins fade within a few weeks. Laser surgeries may also help to close small varicose and spider veins without the incisions or needles associated with older varicose vein treatments, such as vein stripping, vein ligation and ambulatory phlebectomy."



## Prevention Is Key

Keeping your vascular system healthy is key to avoiding varicose veins. Exercising, maintaining a healthy weight and eating right can help you prevent the painful effects of these swollen veins. Other steps that may help include:

- avoiding sitting or standing for long periods
- elevating legs
- not wearing tight clothes or high heels
- wearing compression stockings



For a referral to a cardiovascular expert who specializes in the treatment of varicose veins, call **866-656-6916**.

**thanks to** Elizabeth Blanchard from Scotch Plains, who sent us a letter regarding a recent *Well Aware* story about caring for seniors and emergencies. Her note inspired this story and earned her a \$100 Target gift card.

Send us your feedback about this issue at [well.aware@atlantichhealth.org](mailto:well.aware@atlantichhealth.org), and you could be the next \$100 gift card recipient.

# The New Rules for Emergencies



You learned to dial 911 for an emergency. Today's changing world provides new measures to help guide you through an emergent situation.

**DIALING 911 IS** the best way for that help to find you during an emergency. However, you can take steps long before an emergency ever occurs to help those who help throughout the emergency to learn as much as possible about you.

## Put It on ICE

"Emergency medical services staff immediately look for medical bracelets and information in wallets and consult Blackberrys and cell phones," said Joyce Hildenbrand, LCSW, manager for Atlantic Health Patient Transfer Center. "Under contacts in your phone, list ICE by at least two contacts to clearly delineate your emergency contacts, whether they be a spouse and child or parents."

Another way to help those caring for you in an emergency is to create a personal health record. This document should contain information about allergies, prior hospitalizations, all medications and over-the-counter supplements, illnesses or surgeries, chronic medical conditions, drug reactions and names of physicians.

## WHEN YOU NEED HELP

The Patient Transfer Center can assist in transfers such as Lupio's and in many other instances. Experienced nurses are available every day and time of the year to help patients, their loved ones or referring physicians navigate the steps needed to transfer close to home into an Atlantic Health hospital. The Patient Transfer Center helps by coordinating all of the numerous and complex steps involved in transferring a patient.

For more information about or assistance with patient transfers into an Atlantic Health hospital, call **877-441-4450**.

## Help Away From Home

When Lorrie Lupio of Rahway, N.J., experienced extreme sweating while in bed, she thought she was suffering from a severe anxiety attack. Her husband has cardiac conditions, and Lupio, who has no family history of heart disease, experienced none of the common heart attack signs she's come to know from caring for him.

"The ambulance came for me, but when I was tested at the hospital, my blood pressure and EKG came back normal," Lupio says. "They wanted to send me for more testing but weren't explaining why, so I asked my sister to get me out of there."

Lupio's sister, Beverly Natale, is the manager of the Atlantic Health Sleep Centers, Pulmonary Center, and the Morristown Memorial Hospital Respiratory Care Department and Digestive Health Center. When she heard her sister was admitted to another hospital, Natale's first instinct was to have her sister transferred to Morristown Memorial Hospital.

"I knew of the Patient Transfer Center, but never thought I'd have a need for it," Natale says. "I called the Transfer Center and everything after that was so smooth and fast. They navigated through all of the work needed to move her to Morristown Memorial. I didn't have to worry about arrangements; I was able to concentrate on my sister. She was so relaxed. She knew everything was being handled, which helped her calm down."

Lupio received a stent for a blocked artery and is currently in a rehabilitation program. She says she is doing great and can't thank enough those involved with her transfer and care, including the two EMTs who cared for her during transportation to Morristown Memorial.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# 2010 We did it again.

**FORTUNE**  
**100 BEST**  
**COMPANIES**  
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Thanks to all the talented people who put us here.

We're honored to make the Fortune 100 Best Companies to Work For<sup>®</sup> list—  
two years in a row.

Providing the best care means having the best people. And we do.



THE PASSION TO LEAD