

Well Aware

Protect Yourself This Summer

New Reasons
to Exercise

In Case of
Emergency

Lighten Up



Overlook
Hospital

ATLANTIC HEALTH
THE PASSION TO LEAD

atlanticealth.org

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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@atlantichhealth.org or write to:

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

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

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@atlantichhealth.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.

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.”



Summer on a *Light Foot*

Losing weight can be challenging for anyone. This summer, commit to a healthier lifestyle and take charge of maintaining your medically ideal weight.

FEELING CONFIDENT WHILE at the Shore doesn't mean you have to starve yourself or make dramatic changes to your daily activities overnight. Losing weight is a gradual process: one that takes motivation and dedication—both mentally and physically.

Well Aware recently sat down with Ajay Goyal, MD, director of the Atlantic Health Weight & Wellness Center for Overlook Hospital, to gain his insight on how to achieve lasting weight loss this summer.

Dr. Goyal shared an easy five-step process to help patients accomplish their goals.

STEP 1: Modification

Dr. Goyal: This first step is often the hardest. One of the biggest obstacles for people to overcome is to quit snacking. Eliminate snacks between meal times to jump-start your weight loss.

STEP 2: Liquid Calories

Dr. Goyal: People don't always realize that beverages can contribute just as many extra calories as a slice of cake. Cut out all liquid calories from your diet including fruit juice, which is loaded with natural sugars and calories that can be just as substantial as sodas. Stick to water and add sugar-free flavor packets for taste.

STEP 3: Portion Size

Dr. Goyal: The super-sizing phenomenon has created an unrealistic perspective on appropriate portion size. I often recommend using a small or appetizer plate as a quick way to estimate the amount of food needed for each meal. Controlling portion size can play a key role in reducing calories, maintaining health and attaining weight-loss goals.

STEP 4: Food Journal

Dr. Goyal: Keep a count of all the calories you consume each day in a food journal. Write down everything you eat or drink to understand your dietary habits and where you can improve. Fitday.com is a great online resource to calculate calorie intake.

STEP 5: Physical Activity

Dr. Goyal: Any activity that increases your heart rate and makes you short of breath is considered aerobic activity—playing soccer with the kids, taking multiple flights of stairs at work or walking briskly in the neighborhood. Take advantage of fun summer activities you might already be participating in, such as swimming, which is great for patients with knee and hip pain.



Ajay Goyal, MD

Real Weight-Loss Solutions

If you are more than 100 pounds overweight and traditional methods of weight loss have failed—calorie counting, exercise and fad diets—bariatric surgery could be right for you.

Recognized as a Center of Excellence in Bariatric Surgery, the Atlantic Health Weight & Wellness Center at Overlook Hospital offers patients a variety of bariatric surgery options, including laparoscopic Roux-en-Y gastric bypass and laparoscopic LAP-BAND® and REALIZE® Band.

Obesity is an epidemic that can lead to serious health problems, such as diabetes, heart disease, infertility, sleep apnea or joint pain—but you don't have to live with it.

For more information about the Atlantic Health Weight & Wellness Center at Overlook Hospital, call **866-383-4758**.





A Patient's Perspective

Exemplary Care

At the Carol G. Simon Cancer Center, physicians focus on offering patients some of the latest therapies in the field of cancer care. Addressing both the physical and emotional needs of every patient, the staff offers an unprecedented patient experience. Featuring expertise in cancers of the blood, lung cancer, and men and women's cancers, physicians offer comprehensive care focused on healing the whole patient.



For more information about the experts who perform the CyberKnife procedure, call 866-381-5675.

When Jeffrey Hamilton, 72, was diagnosed with prostate cancer, he was bombarded with a number of treatment options. Although his age made him ineligible for some surgical options, physicians offered Hamilton a number of options for radiation therapy, including the CyberKnife® procedure. After decades of working in the engineering field, Hamilton looked at this technology with a keen eye.

FOR HAMILTON, WELCOMING new technology was not an unknown concept. He served for 16 years in the Apollo space program in cities that include Huntsville, Alabama, Houston, Texas, and Washington, D.C., so understanding technological advances has been the story of Hamilton's life. Boasting work with Exxon and investing in start-up companies and having researched at the Massachusetts Institute of Technology, Hamilton has a broad knowledge base of some of the technologies that help our nation and its companies run.

When Hamilton was diagnosed with prostate cancer, however, his life was put on hold. Facing cancer was a monumental concept.

"My younger brother was diagnosed with prostate cancer about 10 years ago; since then, I have always kept a close watch on my prostate-specific antigen [PSA] levels," Hamilton says. "About eight years ago, my levels spiked, but doctors found no signs of cancer. After my levels spiked again, another biopsy was performed, and I was diagnosed."

Following his diagnosis, Hamilton was presented with three options for treating his cancer: radiation seed implantation, traditional radiation therapy and the CyberKnife procedure.

"At first I was a little overwhelmed by my treatment options, but given my engineering

and technology background, I understood that CyberKnife would be the best option for me," Hamilton says. "The procedure uses a focused beam of radiation and specifically targets the cancer, not the healthy surrounding tissue."

Making a Full Recovery

Hamilton's treatment for prostate cancer included several sessions of CyberKnife treatment, during which targeted intense beams of radiation were directed at cancer cells in his prostate. Ultimately, Hamilton responded extremely well to the treatment.

"Mr. Hamilton's CyberKnife procedure shows just how beneficial the technology can be in cases of prostate cancer," says Louis Schwartz, MD, director of radiation oncology for Overlook Hospital. "He is now in remission and has experienced none of the symptoms that commonly accompany radiation treatment. This case truly shows the impact CyberKnife has had on the treatment of prostate cancer."

Hamilton's procedures were extremely successful, and he has not encountered any side effects. Diagnosed two years ago, Hamilton is now cancer-free and focuses on things he enjoys, including golf and a building project for his church he works on occasionally.



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.

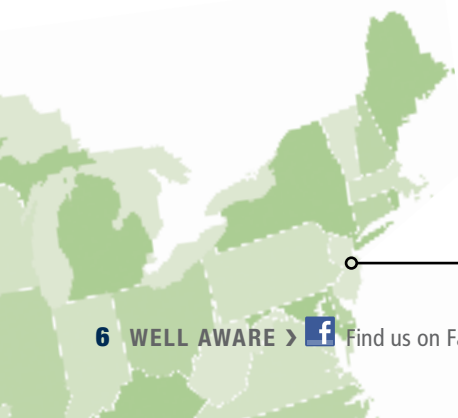
Working with children in orphanages, Dr. Lazar provided care for patients who otherwise would not have been candidates for adoption.

"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 atlanticealth.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.

July 7 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 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. 

calendar of events



health and wellness

Hypnosis for Weight Loss*

> **Tuesdays, July 20, August 17, September 21, 7:00 to 9:00 pm**
Conference room 4
Fee: \$70

Hypnosis for Smoking Cessation*

> **Thursday, August 19, 7:00 to 9:00 pm**
Conference room 4
Fee: \$70

Taking Steps to Control Diabetes*

For dates and times, call 908-522-2201

The above programs are held at Overlook Hospital.

screenings

Blood Pressure

> **Thursday, July 15, 10:00 am to 1:00 pm**
Whole Foods, 2245 Springfield Avenue, Vauxhall
> **Friday, July 30, 11:00 am to 1:00 pm**
Overlook Hospital Emergency Services at Union, 1000 Galloping Hills Road, Union
> **Monday, October 4, 10:00 am to Noon**
Fanwood-Scotch Plains YMCA, Martine Avenue
> **Friday, October 8, 10:00 am to Noon**
Home Depot, Springfield Avenue, Union

Diabetes

> **Monday, July 12, 10:00 am to Noon**
Fanwood-Scotch Plains YMCA, Martine Avenue
> **Monday, July 19, 10:00 am to Noon**
The Connection, 79 Maple Street, Summit
> **Wednesday, July 21, 10:00 am to Noon**
Berkley Heights YMCA, 550 Springfield Avenue
> **Thursday, August 19, 10:00 am to Noon**
North Plainfield Memorial Library, 6 Rockview Avenue
> **Friday, September 10, 10:00 am to Noon**
Home Depot, Springfield Avenue, Union

Cholesterol*

Fasting is not required.
> **Thursday, July 8, 10:00 am to Noon**
North Plainfield Memorial Library, 6 Rockview Avenue
> **Monday, August 2, 10:00 am to Noon**

support groups

Bariatrics and Weight Loss

Overlook Hospital
For more information, call 908-522-5794

HIV

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

Stroke

> **Second Monday of every month, 6:00 to 7:00 pm**
Atlantic Neuroscience Institute, Conference Center
To register, call 908-522-5673

Adults With Epilepsy and Their Caretakers

> **Second Thursday of every month, 6:30 to 8:00 pm**
Atlantic Neuroscience Institute, Conference Center
To register, call 800-247-9580

Neuropathy

> **First Tuesday of the month, 7:00 to 8:30 pm**
Atlantic Neuroscience Institute, Conference Center

The above support groups are held at Overlook Hospital.

cancer care

Free Monthly Educational Lecture Services

Series of free educational lectures for patients, family members and the general public.
For more information or to register, call 908-522-5349.

Sexuality Series

Sexuality after cancer
> **For dates and times, call 908-522-5349.**

Look Good... Feel Better

Women undergoing cancer treatment will learn how to look their best and manage appearance-related side effects.
> **10:00 am to Noon**
For a schedule and to register, call 908-522-5255

I Cancer Live

This six-week program empowers cancer patients and their caregivers to take a mind-body approach to healing.

education

HEARTSAVER Certification Course*

This course is designed to teach CPR, AED and obstructed airway.

> **Adult and Pediatric Sessions: Call for dates, 7:00 to 10:00 pm**
Fee: \$45 for adult session; \$40 for pediatric session

*American Heart Association First Aid

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

> **Adult and Pediatric Sessions: Call for dates, 7:00 to 10:00 pm**
Fee: \$55

*BLS for the Healthcare Provider (full course)

Learn basic life support techniques.

> **Call for dates, 7:00 to 10:00 pm**
Fee: \$85

*BLS for the Healthcare Provider (renewal)

> **Call for dates, 7:00 to 10:00 pm**
Fee: \$55

The classes listed above are held at Overlook Hospital, Wallace Auditorium. To register, call 908-522-2365.

Speakers Bureau for Women's Heart Health

If you would like to have one of our cardiac nurses speak to your group or organization about the signs and symptoms related to women and heart disease, call 908-522-5355.

children and parenting

Children and parenting programs are held at Overlook Hospital. A complete list of classes offered can be found on atlantichospital.org. To register for classes or for more information, call 908-522-2946 or email overlook.parented@atlantichospital.org.

- **Childbirth Mini Class**
- **Toddler Nutrition I & II**

- **Healthy Eating for Babies: Starting Solids and Beyond**
- **Epiduals, C-Sections and More**

- **Your Baby's Birth**
- **Feeding Your**

- For a schedule and to register, call 908-522-5349
- Guided Imagery**
Uses visualization to enhance the immune system's ability to function and improve one's sense of emotional well-being when diagnosed with cancer.
- > **Tuesdays, 2:00 to 3:00 pm**
To register, call 908-522-6168
- Exercise Class for Breast Cancer Survivors**
A safe and supportive exercise environment for breast cancer patients who have undergone treatments and/or procedures.
- > **Wednesdays, 10:00 to 11:00 am**
MAC II building, Breast Center conference room
To register, call 908-522-6210

Hearing

- > **Wednesday, August 4, 10:00 am to Noon**
Westfield Area YMCA, 220 Clark Street
- > **Thursday, October 7, 10:00 am to Noon**
5 Points YMCA, 201 Tucker Avenue, Union

Respiratory

- > **Thursday, August 10, 10:00 am to Noon**
Summit Area YMCA, 67 Maple Street
- > **Monday, September 13, 10:00 am to Noon**
Famwood-Scotch Plains YMCA, Martine Avenue
- > **Wednesday, October 20, 10:00 am to Noon**
Berkeley Heights YMCA, 550 Springfield Avenue

Sun Exposure

See the effects of sun exposure on your skin by using the Dermaviv machine. Learn how to protect yourself and your family.

- > **Wednesday, July 7, 10:00 am to Noon**
Westfield Area YMCA, 220 Clark Street
- > **Thursday, July 8, 10:00 am to Noon**
Westfield Board of Health, Broad Street
- > **Friday, July 9, 10:00 am to Noon**
Home Depot, Springfield Avenue, Union
- > **Tuesday, July 13, 10:00 am to Noon**
Summit Area YMCA, 67 Maple Street
- > **Thursday, August 19, 10:00 am to 1:00 pm**
Whole Foods, 2245 Springfield Avenue, Vauxhall

Bone Density*

- > **Thursday, August 5, 10:00 am to Noon**
5 Points YMCA, 201 Tucker Avenue, Union
 - > **Wednesday, August 18, 10:00 am to Noon**
Berkeley Heights YMCA, 550 Springfield Avenue
 - > **Wednesday, September 1, 10:00 am to Noon**
Westfield Area YMCA, 220 Clark Street
 - > **Thursday, September 9, 10:00 am to Noon**
North Plainfield Memorial Library, 6 Rockview Avenue
 - > **Tuesday, September 14, 10:00 am to Noon**
Summit Area YMCA, 67 Maple Street
 - > **Thursday, September 16, 10:00 am to 1:00 pm**
Whole Foods, 2245 Springfield Avenue, Vauxhall
- Fee for all bone density screenings: \$10

For a schedule and to register, call 908-522-5349

Guided Imagery

Uses visualization to enhance the immune system's ability to function and improve one's sense of emotional well-being when diagnosed with cancer.

- > **Tuesdays, 2:00 to 3:00 pm**
To register, call 908-522-6168

Exercise Class for Breast Cancer Survivors

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

- > **Wednesdays, 10:00 to 11:00 am**
MAC II building, Breast Center conference room
To register, call 908-522-6210

Now What: Post Treatment and Survivorship Talk and Share

- > Call 908-522-5349 for dates and times

Scar Massage

A one-hour private massage for post-mastectomy patients.

- > For more information, call 908-522-5211

Gentle Yoga

- > **Mondays, 1:30 to 2:45 pm**
To register, call 908-522-6168

Oi Gong

- > For dates and times, call 908-522-6168

Group Acupuncture

- > For dates and times, call 908-522-6168

Swim and Support

Provides women with emotional support as well as postoperative pool exercises.

- The Connection, 79 Maple Street, Summit
- > For dates and times, call 908-522-5349

Successful Surgery Program

Guided imagery program shown to improve postsurgical outcomes and reduce anxiety.

- > For dates, times and to register, call 908-522-6168

CANCER CARE SUPPORT GROUPS

Support Groups are held on a regular basis at the Carol G. Simon Cancer Center at Overlook Hospital. For more information, call 908-522-5255 or 908-522-5349.



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

- **Techniques and Teamwork for Labor and Birth**
- **Baby Signing: An Introductory Seminar**
- **Moms and Babies Together**
- **Building Blocks**
- **Hand in Hand**
- **Early Pregnancy**

behavioral health support and therapy

Chemical Dependency Intensive Outpatient Program*

Designed for those trying to remain abstinent from all substances.

- > **Mondays, Wednesdays and Thursdays, 6:00 to 9:30 pm**
To register, 888-247-1400

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**

Substance Abuse Family Support Group

Learn to cope with substance abusing family members.

- > **Tuesdays, 6:30 to 8:00 pm**

Therapeutic Gambling Group*

Designed for individuals who are concerned with their level of gambling.

- > **Tuesdays, 8:00 to 9:00 pm**

Women's Group*

Learn coping skills through examination of thoughts and behaviors.

- > **Thursdays, 11:00 am to 12:30 pm**

Postpartum*

- > **Every other Thursday, 10:30 to 11:30 am**

Mindfulness Group

Learn mindfulness techniques to help you cope with illness.

- > **Tuesdays, 6:00 to 7:30 pm (for women and men)**
- > **Mondays, 2:30 to 4:00 pm (for women only)**

Programs listed above are held at the Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue, Summit. To register, call 888-247-1400

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 atlanticealth.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

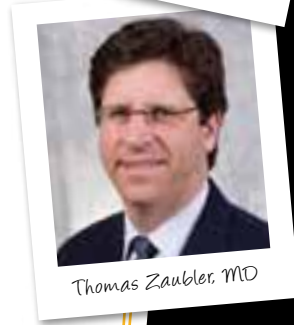
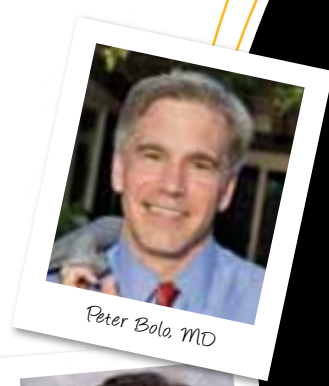
Marisol Flores, MD, OB/GYN, for Morristown Memorial, delivered Noah via cesarean section. However, the toughest part was keeping the sex of the baby a secret from mom and dad until he arrived. According to Dr. Flores, the whole family did great throughout the entire process and is looking forward to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



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 **atlantichhealth.org** and click on Find A Doctor.”



Surgical Options for SPINAL PAIN

For more than 15 years, Robert Brown*, 50, of Essex County, has lived with chronic back pain. Last October, his pain became so unbearable that he couldn't stand for longer than five minutes. To finally break free from his back pain, Brown decided to undergo surgery.

THE CULPRIT BEHIND Brown's intense back pain was spondylolisthesis, a condition in which a bone (vertebra) in the lower part of the spine slips forward onto a bone below it.

"Electing to have spinal surgery is a huge decision because of the many risks involved, including neurological injuries," Brown says. "I wanted a neurosurgeon who would really listen to my concerns and offer me the most minimally invasive procedure possible."

The Right Fit

After meeting with four different neurosurgeons, Brown chose Jonathan Baskin, MD, FACS, neurosurgeon for Atlantic Neuroscience Center at Overlook Hospital.

"I was so impressed with Dr. Baskin and the advanced surgical services offered at Overlook," Brown says. "He was completely tuned in to everything I was saying during my initial consultation and proposed a much less invasive procedure than the other neurosurgeons I saw."

Advanced Surgery

To help alleviate Brown's pain, Dr. Baskin performed a minimally invasive lumbar fusion, a procedure that causes the bones of the spine and lower back to grow together.

"The ultimate goal of a lumbar fusion is to have the two vertebrae fused so there is no longer any motion between them," Dr. Baskin says. "There are a number of techniques for fusing the vertebrae together. Surgeons often place metal screws and rods from the back into the bones to hold them steady while the fusion occurs. Techniques vary from patient to patient based on his or her specific complaints and the cause of symptoms."

In Good Hands

As Brown recovers, he is grateful for the exceptional, personalized care he received at Atlantic Neuroscience Institute at Overlook.

"The nurses and staff anticipated my needs and were always available to address my concerns," Brown says. "When you undergo such a serious surgery, it's nice to have people who truly care about your health and want to help you on your road to recovery."

*Name changed per patient request.

Skilled Specialists

Because neurosurgery involves some of the most sensitive parts of the body's anatomy, an experienced team of surgeons is essential for successful outcomes.

"When you are performing a procedure such as spinal surgery that has to do with the central nervous system, there's a limited margin for error," says Jonathan Baskin, MD, FACS, neurosurgeon for Atlantic Neuroscience Center at Overlook Hospital. "As a result, our neurosurgeons use their skill and expertise to minimize potential harm to the nervous system."



For a referral to experts in the field of spinal care, call 866-889-3549 or visit atlantichealth.org and click on "Find A Doctor."



Pediatric Epilepsy

As the most prevalent neurological condition in the United States, epilepsy affects nearly 2.5 million Americans. Of those living with epilepsy, children account for more than 326,000.

EACH YEAR, APPROXIMATELY 45,000 children under the age of 15 are diagnosed with epilepsy. Epilepsy is characterized by a tendency for recurrent, unprovoked seizures—a short disruption in the brain’s electrical activity. Having a single seizure does not necessarily mean your child has epilepsy. However, he or she should be thoroughly evaluated by a physician for proper diagnosis.

Seizures are classified into two broad categories: generalized and partial. Generalized seizures produce electrical impulses throughout the entire brain; partial seizures are initially produced

in a moderately small area of the brain. Once a physician identifies which type of seizure a child is experiencing, he or she can implement testing to determine whether or not the child has epilepsy and establish the best method of treatment.

Know the Signs

If you think your child is experiencing a seizure, signs to look for include:

- body stiffness
- sporadic jerking or shaking movements—sometimes violent
- loss of consciousness and/or collapse
- repetitive, rhythmic jerks

- sensations affecting the five senses— hearing, vision, smell, taste and touch
- impairment of awareness or “staring into space”

If a seizure occurs, do not try to restrain your child. Instead, place her down on her side with her head turned to the side, as well. Move objects away from your child and do *not* place anything in the mouth—including medication.

There Is Hope

Having a child with epilepsy can be overwhelming and exhausting. The constant worry of receiving a phone call from school or a play date with a friend because your child has had a seizure weighs on a parent’s heart and mind.

However, there is hope. Of children who have experienced two or more seizures and whose electroencephalography (EEG) and magnetic resonance imaging (MRI) test results read normal: up to 70 percent will outgrow epilepsy; 75 percent who are seizure-free while on medication for two to five years can be successfully withdrawn from medication; and of those with a mental handicap, 35 percent will enter remission while on medication.

Let Overlook Hospital staff help find a solution for your child.



We provide a comprehensive, multidisciplinary approach to pediatric epileptic care. Patients have access to a nurse psychologist, who will assess the child for cognitive impairments or learning difficulties, or to make a diagnosis for any developmental disorders, such as autism or attention deficit disorder. We also work directly with a nutritionist, social workers and other health care providers, who can advocate for children in their schools and help educate teachers, other students and the school’s nursing staff about their specific epileptic condition.”—Danielle McBrian, MD, pediatric epileptologist for Overlook Hospital



For a referral to a pediatric neurologist, call 866-576-4550 or visit atlantichealth.org and click on “Find A Doctor.”

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, 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
TO WORK FOR[®] 2010



Thanks to all the talented people who put us here.

We're honored to make the Fortune 100 Best Companies to Work For[®] list—
two years in a row.

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



THE PASSION TO LEAD