

# Women's Health

AT OVERLOOK HOSPITAL



Comprehensive, compassionate care for women in all stages of life.



ATLANTIC HEALTH

THE PASSION TO LEAD

## Welcome to Women's Health at Overlook Hospital



Joseph Ramieri, MD



Russell Hoffman, MD

*Few medical centers offer the breadth and expertise in women's health services and the luxurious surroundings you'll find at Overlook Hospital. Our renowned medical staff understands that women have unique physical, intellectual and emotional needs; we deliver multidisciplinary, patient-focused diagnostic and treatment services with personalized care in a calm, nurturing environment. We strive to create an individualized diagnosis and treatment plan because working with you results in the best medical outcomes.*

*All of our board-certified physicians use a holistic, cross-disciplinary approach to ensure that your care is comprehensive and effective. By investing in the most sophisticated technology and through our clinical affiliations with eminent research institutions, we ensure that you get the best possible medical care.*

*At Overlook, we care for the whole woman, throughout her life. Whether you are making your first trip to the gynecologist, welcoming a new baby into your family, going through menopause, or dealing with an unexpected illness or injury, we're always here for you.*

*Sincerely,*

A handwritten signature in cursive script that reads "Joseph Ramieri".

**Joseph Ramieri, MD**  
Chairman,  
Department of Obstetrics,  
Gynecology and Women's Health  
Atlantic Health

A handwritten signature in cursive script that reads "Russell Hoffman".

**Russell Hoffman, MD**  
Associate Chairman,  
Department of Obstetrics,  
Gynecology and Women's Health  
Overlook Hospital

# Women's Health at Overlook Hospital

## Our specialties include:

- ▲ Integrative Medicine
- ▲ Maternity
- ▲ Parent Education and Support
- ▲ Reproductive Medicine
- ▲ Maternal-Fetal Medicine
- ▲ Neonatal Intensive Care
- ▲ Gynecology
- ▲ Urogynecology
- ▲ Women's Heart Care
- ▲ Breast Care
- ▲ Women's Cancer

Founded as a community hospital more than 100 years ago, Overlook Hospital is lauded for its exceptional patient safety record and its healing, family-centered environment.

As an academic and clinical affiliate of Mount Sinai School of Medicine and The Mount Sinai Hospital, Overlook Hospital is also a renowned regional medical center where 1,200 attending physicians deliver world class services in state-of-the-art facilities.

## Evidence-based medicine, family-centered approach

Women are wives, mothers, daughters, sisters, and friends. Your relationships to others are important factors in your health and well-being; in times of need, they provide the strength and courage you need to face complicated, difficult situations. We partner with you and your loved ones to achieve the best possible medical outcomes, and are committed to developing treatment plans that honor your beliefs and traditions.

## Take ownership of your health

### atlantichealth.org

Overlook Hospital offers a variety of informative resources that can help you care for yourself and your loved ones online. Visit [myatlantichealth.org](http://myatlantichealth.org) and sign up. And be sure



to visit Overlook Hospital on Facebook for a list of events and classes.

### 1-866-573-7558

Call the Atlantic Health physician referral center for physician referral or to register for a class or event.



## Integrative Medicine is part of the plan

Medical experts at Overlook Hospital incorporate mind body medicine into treatment plans for people in good health who want to maintain their well-being as well as those who are in medical crisis. Among the dozens of mind body therapies we offer are:

- ▲ Acupuncture
- ▲ Nutritional counseling
- ▲ Art therapy
- ▲ Psychotherapy
- ▲ Guided imagery
- ▲ Hypnotherapy
- ▲ Meditation
- ▲ Massage
- ▲ Tai Chi
- ▲ Yoga
- ▲ Pilates
- ▲ Qi Gong
- ▲ Jin Shin Jyutsu

## Atlantic Integrative Medicine Program

.....908-598-7997

Nancy Cotter, MD, *Medical Director*

# Starting a Family

The Frank and Mimi Walsh Maternity Center at Overlook Hospital is a state-of-the-art labor and delivery facility. We provide what every new mother wants: a supportive, family-oriented environment, staffed by caring medical professionals who provide exceptional medical care and the extra pampering you deserve. Our board-certified anesthesiologists, obstetricians, neonatologists, maternal-fetal specialists and nurse practitioners, trained in the newest diagnostic and therapeutic procedures, are on site 24 hours a day, seven days a week to help you welcome your new baby into the world comfortably and safely.

Patient- and family-centered care does not stop when you and your child leave the hospital. At Goryeb Children's Center at Overlook, a family advisory council provides guidance and oversight to maximize the benefits of parental involvement in the care process. Parents, bringing insight gained through hospital experiences, work with staff to strengthen collaborations and make Overlook Hospital the best possible place for families.

## Parent Education

Our parent education program features classes for women in early pregnancy to postpartum infant and toddler care. Taught by certified experts, including registered nurses, lactation consultants and exercise instructors, our programs are designed to help you be the best parent you can be.

Classes include:

- ▲ Preparing for Childbirth
- ▲ Calm Birth
- ▲ Breastfeeding
- ▲ Especially for Siblings
- ▲ Becoming a Grandparent
- ▲ Going Home with Baby
- ▲ Baby Signing
- ▲ Feeding Your Healthy Family
- ▲ Happiest Baby
- ▲ Moms and Babies Together
- ▲ Nutrition for Toddlers

## Support Services

Pregnancy, delivery and the first year of motherhood can bring happiness and bliss but also confusion, a lack of confidence and a multitude of questions. Overlook Hospital can offer support and information to get you through this period of new motherhood.

Services include:

- ▲ Postpartum depression care support
- ▲ Breastfeeding techniques and resources

Lactation consultants are available to provide breastfeeding support during your hospital stay. Post-discharge services include telephone warm line, pump rental station and office visits.

**Maternity Center** ..... 908-522-2304  
**Parent Education** ..... 908-522-2946 or  
.....[overlook.parented@atlanticealth.org](mailto:overlook.parented@atlanticealth.org)  
**Postpartum Depression Support** ..... 888-247-1400  
**Breastfeeding Support** ..... 908-522-BABY (2229)

## Reproductive Medicine

Reproductive Medicine Associates (RMA) is one of the largest and most successful centers for infertility treatment in the world. Our medical team features experienced leaders in the field of reproductive medicine who have helped thousands of patients to overcome even the most challenging causes of infertility. In the last decade alone we have helped to bring more than 16,500 babies into the world.

In addition to in vitro fertilization, the most commonly used fertility treatment, our services include:

- ▲ Ovulation induction
- ▲ Intrauterine insemination
- ▲ Intracytoplasmic sperm injection (ICSI)
- ▲ Blastocyst transfer
- ▲ Pre-implantation genetic diagnosis (PGD)
- ▲ Egg donation
- ▲ Sperm donation
- ▲ Laparoscopy

Our support staff helps you through the treatment process. Complementary medicine experts trained in psychology and holistic and alternative therapies work with you before, during and after infertility treatment. A specially trained RMA patient coordinator will manage your treatment services and help you find other resources you may need. We also offer financial counselors to provide assistance with insurance and payment issues.

## Reproductive Medicine

Richard T. Scott, Jr.,  
*Medical Director*  
Paul A. Bergh, MD  
Michael K. Bohrer, MD  
Michael R. Drews, MD  
Rita Gulati, MD  
Doreen L. Hock, MD  
Thomas J. Kim, MD  
Thomas A. Molinaro, MD  
Jamie L. Morris, MD  
Shefali Mavani Shastri, MD

## Patient Liaison

**Team** ..... 973-656-2089

## RMA Offices

Englewood ..... 201-569-7773  
Morristown ..... 973-971-4600  
Somerset ..... 732-537-0631  
Summit or  
West Orange ..... 973-325-2229

## Atlantic Maternal-Fetal Medicine

Approximately 30 percent of women experience a pregnancy-related complication before, during or after delivery. At Atlantic Maternal-Fetal Medicine, an expert team of perinatologists — obstetricians who specialize in the diagnosis, treatment, and ongoing care of expectant mothers and their unborn babies — work hand-in-hand with your obstetrician to develop a plan of care. Though you may see a perinatologist during the course of your pregnancy, your own obstetrician will continue to manage the pregnancy and will deliver your baby. Though usually not present at delivery, your perinatologist will consult with a neonatologist — a pediatrician who specializes in care for newborns with special medical needs — before you give birth, to make sure that all of the services you and your new baby may need are in place.

In addition, Atlantic Maternal-Fetal Medicine offers:

- ▲ Access to routine ultrasounds and other tests and procedures
- ▲ Preconception evaluation for women with a history of pregnancy loss
- ▲ Genetic testing and evaluation of the mother- and father-to-be, prior to pregnancy, assessing exposure to possible birth defects and complications found in family history

### Maternal Fetal Medicine ..... 908-522-5510

Carlos Benito, MD, <i>Medical Director</i>	Mary Khine, MD Orli Langer-Most, MD	Denise Netta, MD Leena Shah, MD
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### MidAtlantic Neonatology Associates ..... 908-522-3569

Andrew Schenkman, MD, <i>Co-Director</i>	Sunita Goil, MD Denise Hassinger, MD	Amy Presti, MD Marta R. Rogido, MD
Lawrence Skolnick, MD, <i>Co-Director</i>	John Ladino, MD Ben H. Lee, MD	Calvin T. Shen, MD Jonathan Swanson, MD
Kathryn Crowley, MD Cheryl L. Federico, MD	Gaines M. Mimms, MD Anthony Orsini, DO	

## Neonatal Intensive Care

Overlook Hospital is a Level III Intensive Perinatal Center. Our 15-bed Neonatal Intensive Care Unit (NICU) provides specialized care for critically ill infants, full-term and premature, with a wide range of medical and surgical disorders. Care in the NICU is provided by a multidisciplinary team of board-certified neonatologists, neonatal nurse practitioners and physician assistants, certified neonatal nurses, respiratory therapists, physical therapists, infant feeding specialists, social workers, care managers and lactation consultants. A neonatologist or a neonatal practitioner is available on-site 24/7, to care for infants in the NICU and to provide emergency care if needed. In addition to the neonatology group, the NICU is supported by a team of pediatric subspecialists in surgery, orthopedics, urology, ophthalmology, neurosurgery and pediatric medical subspecialists in virtually every field.

Each bed in the NICU is equipped with sophisticated, state-of-the-art technology. Beyond technology, our staff encourages parents to spend as much time as they can with their baby, to hold their infant skin-to-skin (“kangaroo care”) and to participate actively in the care of their babies. Parents are not visitors in our NICU. In fact, there are no “visiting hours” at all — the NICU is open and welcomes families 24 hours a day.



## A Happy Ending

When a baby is born prematurely, it can be a frightening experience for Mom and Dad. Just ask Theresa Cole. At the seven-month mark, Theresa woke one morning with significant bleeding. Her obstetrician counseled her to go to the nearest emergency room. Theresa went to Overlook Hospital, where doctors determined she needed an emergency Caesarian section to deliver her third child, Shane. He weighed just three pounds, eight ounces and was taken immediately to the NICU.

The length of an infant’s stay in the NICU depends on several factors: infants must weigh at least four pounds to be discharged, and they must be able to maintain a healthy body temperature. Parents must also be able to feed their children so the babies will continue to gain weight at home.

The NICU staff helped Theresa learn to feed and hold her baby. The whole family visited several times a day; after they said hello to their baby brother, Shane’s siblings (shown above with Shane) watched cartoons in the NICU’s family room while his mom and dad spent additional time with him. Shane stayed in the NICU for five weeks and was discharged weighing a healthy five pounds, two ounces.

# Prevention is Key

Practicing preventive health care — eating right, drinking enough water, exercising and getting plenty of rest — is absolutely essential for all women, no matter what their pace of life.

Routine physical check-ups and screenings are important too, even when you haven't noticed any irregular pains or symptoms.



Offered by Overlook Community Health, **Home is Where the Heart Is** enables you and your friends to share life-saving heart health information in an intimate, comfortable environment. You provide the venue and refreshments and our cardiac health experts, who will arrive in our Healthy Avenues Van, (funded by the Schering-Plough Foundation) will provide education and screenings. The program also includes a follow-up with participants who may have abnormal screening results.

## The Women's Heart Awareness Program

The Gagnon Cardiovascular Institute is committed to the prevention of heart disease and has designed a program based at Overlook to help you examine your risks for cardiac disease and make important lifestyle changes to improve your health.

Our program offers a complete evaluation of your physical health, emotional issues and life stresses and partners with you on the journey to better health. We collaborate with you, one on one, to design a heart healthy action plan that fits your individual needs.

**Women's Heart Awareness Program**.....908-522-7399  
Ogei Yar, MD, *Medical Director*

## The Breast Cancer Prevention Program

Developed by the Carol G. Simon Cancer Center at Overlook Hospital, the Breast Cancer Prevention Program harnesses the newest medical technology available to determine a woman's risk for developing breast cancer. During a comprehensive appointment, medical experts will conduct an in-depth examination of your physical health, lifestyle habits and genetic history to determine your breast cancer risk. Your assessment will include a genetic evaluation; nutritional and lifestyle counseling; and a consultation with a physician. You'll leave with a detailed, written analysis of our findings and a personalized action plan to help you reduce your likelihood of developing breast cancer.

**Breast Cancer Prevention Program**.....908-608-0078  
Bonni L. Guerin, MD

## Urogynecology

Urogynecologists treat women with pelvic floor disorders such as urinary or fecal incontinence and prolapse (bulging or falling) of the vagina, bladder and/or the uterus.

Urinary incontinence (leakage of urine) is a very common condition affecting at least 10 to 20 percent of women under age 65 and 56 percent of women over age 65. While incontinence also affects men, it occurs much more commonly in women. Prolapse simply means *displacement from the normal position*. When this word is used to describe the female organs, it usually means bulging, sagging or falling. It can occur quickly, but usually happens over the course of many years. Eleven percent of all women will undergo surgery for this condition.

Prolapse and incontinence frequently occur together. Both conditions are believed to result from damage to the pelvic floor after delivering a baby. Other possible factors include heavy lifting on a daily basis, chronic coughing, severe constipation and obesity.

Our award-winning medical team at the division of urogynecology offers both surgical and nonsurgical treatments. Board-certified urogynecologists will diagnose each patient's condition through a variety of diagnostic procedures work with her to develop a treatment plan based on her lifestyle and personal preferences.

**Urogynecology**.....908-522-7335  
Patrick Culligan, MD, *Medical Director*  
Amir Shariati, MD

# Cancer Care

When the diagnosis is cancer, expert medical care is critical. The Carol G. Simon Cancer Center at Overlook Hospital is a premier medical facility that provides a seamless continuum of care for cancer patients and their families. We have received the American College of Surgeons' Outstanding Achievement Award for Cancer Care, and are a major clinical research affiliate of the Cancer Institute of New Jersey.

Our board-certified physicians, nurses and medical staff have trained at the nation's leading academic medical centers and use the most current cancer treatment and research methods, integrating traditional and complementary medicine to deliver exceptional cancer care.

## The Women's Cancer Center

The dedicated and nationally-renowned gynecologic oncologists, nurse practitioners, nurses and staff at the Women's Cancer Center are committed to providing high-quality specialty care to women with malignancies of the reproductive system. We offer the most advanced treatments and technologies for our patients, including:

- ▲ Minimally invasive surgical procedures, such as laparoscopy and robotic surgery; our robotics program is one of the largest in the state
- ▲ Women's Cancer Research Program, which allows our patients to participate in national, pharmaceutical, cooperative and local research studies. These novel treatment strategies enable women to benefit from innovative therapies before they are available to the public
- ▲ Genetic screening for ovarian cancer
- ▲ Early detection program for cervical cancer
- ▲ State-of-the-art screening facilities for cytologic and colposcopic detection of cervical cancer, sonographic detection of ovarian cancer

In addition, board-certified gynecologists handle treatment of abnormal bleeding and infection, gynecologic surgery, menopause management, osteoporosis, routine exams including Pap smears and pelvic examinations, and adolescent gynecology.

**Women's Cancer Center** ..... 908-522-5262

Daniel H. Tobias, MD, *Medical Director*  
Paul B. Heller, MD  
Brian M. Slomovitz, MD  
Nana E. Tchabo, MD

## Breast Surgery and Treatment

Women with breast cancer have access to the latest technology at the Carol G. Simon Cancer Center at Overlook Hospital, provided by a team of surgeons, medical oncologists, radiation oncologists, pathologists and radiologists who are board-certified and specialize in the treatment of breast cancer.

Every patient has access to our breast nurse navigator, a dedicated, trained professional with extensive knowledge of breast disease and the right resources for women with breast cancer.

## The Breast Center at Overlook Hospital

The Breast Center at Overlook Hospital is an American College of Radiology- accredited facility. The staff includes board-certified, dedicated breast imagers, mammography technologists and breast ultrasound technologists who work as an interdisciplinary team with physicians and patients. In addition, our breast health patient care coordinator guides women through the various services involved in their care at the Breast Center.

We offer the most advanced technologies to provide timely, accurate diagnoses including:

- ▲ All-digital screening and diagnostic mammography
- ▲ Breast MRI
- ▲ Vacuum-assisted core breast biopsy with stereotactic, MRI or ultrasound guidance
- ▲ Additional services, including:
  - Diagnostic breast ultrasound
  - Mammographic, ultrasound and MRI needle localizations
  - Fine needle aspirations and cyst aspirations
  - Galactograms
  - Bone Density Scans

**Breast Center at Overlook** ..... 908-522-6125

Sue Jane R. Grosso, MD,  
*Medical Director*  
Lisa T. Bash, MD  
Jennifer W. Doe, MD

**Women's Health  
at Overlook Hospital**  
99 Beauvoir Avenue  
Summit, NJ 07902

For a referral to an Atlantic Health physician,  
call 1-866-573-7558 or visit [atlanticealth.org](http://atlanticealth.org).

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