Well Aware

Closing the Wound
Heart Success
Nursing at Its Best

Whole-Body Healing
Dear Friends,

As another new year arrives, so do our resolutions. Whether your resolutions include losing weight, exercising more, eating healthier or just living life with a brighter outlook, we at Atlantic Health are here to help and encourage you to stick to those resolutions.

Atlantic Health is constantly looking for new and innovative ways to incorporate wellness into your everyday life and routine. Integrative medicine, a growing area within Morristown Memorial and Overlook hospitals, now offers new and unique programs that will assess your lifestyle and offer personalized alternative treatment plans to reach your wellness goals.

At Atlantic Health, we want to be your partner in health care, as well as a trusted neighbor and friend. Whether it’s rehabilitation for your recent knee replacement, advice for your teen’s growing pains or support for a frustrated caregiver, we are here for you.

All of us at Atlantic Health wish you and your family a healthy and prosperous new year.

Sincerely,
Joseph A. Trunfio
President and CEO
Atlantic Health

Dear Well Aware,

Thank you, Well Aware, for providing me an unexpected opportunity to honor my mother.

Many mornings I would awaken to the sound of Jane Fonda, and other celebrities, calling out directions and encouragement to her video class members—and my mom.

For a half-hour most mornings, our living room became a no-cost exercise room as my mother worked out with an aerobic VHS cassette to keep herself in shape. As a young teen, I thought the outfits on the attractive class members were cool, and soon began joining my mom in the workouts—sometimes still in my pajamas!

If she wasn’t exercising at home, my mother would head outside for a half-hour walk or a gentle jog. Low-cost and convenient, stepping out the door provided fresh air, physical activity and contact in our small, shore community, all of which were good for our health.

Today, as a single, working mother with three children, I still love to free myself of the burdens of the day by getting out for a brisk walk. My beautiful, healthy mother is now in her 70s, and while she can no longer jog, she still walks most mornings. If it’s warm enough, she might finish up by putting her feet in the ocean.

Nancy R. Dean, Calfon, New Jersey

For more health advice passed on from generation to generation, see page 10.

In the last issue of Well Aware, we asked you to send in tips and healthy habits that were passed down from generation to generation in your family. We received everything, from recipes to how to teach your children good manners. Below, our letter winner Nancy Dean tells us how she recalls the basics her mother taught her about the value of everyday exercise.
Learn more and Overlook hospitals, encompasses a multifaceted approach to care for adult and pediatric patients alike. Pulmonologists, thoracic surgeons and critical care specialists collaborate with a patient’s primary care physician to determine the best course of care for all pulmonary situations.

Physicians at the Pulmonary Center of Excellence specialize in a variety of medical fields to provide an all-encompassing look at underlying pulmonary conditions. Diagnostic capabilities include pulmonary function testing, exercise challenge, sweat testing, pulmonary exercise testing, allergy testing, bronchoscopy and video-assisted thoracoscopic surgery, genetic testing, imaging studies and aerosol challenge.

“Our comprehensive approach to the diagnosis and treatment of pulmonary disorders ensures the best outcomes possible,” Dr. Sussman says. “With the state-of-the-art care available at the Pulmonary Center of Excellence, our patients are able to significantly improve their symptoms and quality of life.”

Tiny Coughs Could Be a Troubling Sign

Because children in school and day care are surrounded by other youths daily, they’re especially vulnerable to becoming sick or developing a cough. “Coughing in children can mean different things depending upon the scenario,” says Arthur Atlas, MD, pediatric pulmonologist and director for the Respiratory Center for Children at Goryeb Children’s Hospital. “A normal, healthy child experiencing a persistent cough lasting more than two weeks should be evaluated by a primary care or pediatric physician for signs of infection. If that cough lasts longer and cannot be controlled, then consider seeking the help of a pulmonologist. If the cough is in a child who has asthma, an uncontrollable cough is often the first indicator that something significant is wrong and care should be sought immediately—not two weeks later.”

Common causes of chronic cough include:

1. asthma
2. lung cancer
3. cigarette smoking
4. gastroesophageal reflux disease (GERD)
5. infections such as bronchitis or pneumonia
6. postnasal drip from allergies or sinus disease
7. certain medications

To learn more about the Atlantic Health Pulmonary Center of Excellence, call 800-247-9580 or visit atlantichealth.org.
we will help

NEUROLOGICAL CONDITIONS INCLUDE common medical issues such as back pain or headaches, but they also encompass serious conditions, including stroke and epilepsy. For many people, relief is enhanced by the care of highly trained nurses.

The Atlantic Neuroscience Institute offers high-quality care from a multifaceted medical staff, including a specialized nursing team.

One of those nurses is Laura Reilly, M.S.N., R.N., certified critical care and neuroscience nurse for Morristown Memorial Hospital, and the 2010 recipient of Atlantic Health’s Neuroscience Nurse of the Year. Reilly has held many nursing positions, but after working in the administrative spectrum, she decided it was time to return to her roots.

“After spending seven years away from the bedside, I was drawn to getting back to the core of what all nurses do—care for patients,” Reilly says. “When the intensive care unit [ICU] was expanding, I saw a wonderful opportunity to grow as a nurse.”

Along with other nurses, Reilly helped develop a patient- and family-centered care program that allowed the ICU to receive a grant to help enhance care for both patients and their families.

Finding the Right Mix

Nurses spend time speaking with patients, yet many people might not realize how much work it takes to become a nurse. “People must have the combination of both brains and compassion to excel as a nurse,” Reilly says. “Connecting with and helping patients through times of distress and vulnerability is a big part of nursing and something you can’t necessarily learn in school. Empathy is just something those called to nursing possess.”

Atlantic Health offers a variety of continuing education programs and seminars to ensure nurses stay up-to-date on the latest neuroscience topics and treatments for neurological disorders, including stroke.

Sharing a Story of Hope

When Trisha Meili was left for dead after a brutal attack in Central Park in 1989, she was simply known as the Central Park Jogger. Fourteen years later, Meili began sharing her story with the world and has since transformed into an inspirational speaker, sharing a dialogue with people around the world. A vital part of that dialogue includes how important neuroscience nurses were in her road to recovery and how they helped her regain her life and love of jogging. Meili shared her experience with the community on September 23 at the 11th annual Atlantic Neuroscience Institute Nursing Symposium.

For more information about the Atlantic Neuroscience Institute, call 800-247-9580 or visit atlantichospital.org.
Thirty-four years of walking the streets of Newark to deliver mail took their toll on retired postman Gary Delucca. A double knee replacement repaired his aching joints, but when a surgical scar was slow to heal, it took an expert wound healing team to help him get back to enjoying his retirement.

**AFTER HAVING BOTH** knees replaced at Overlook Hospital, Delucca spent 12 days at a rehabilitation facility before returning home. An adverse reaction to medication caused him to be readmitted to Overlook, where his orthopedic surgeon, Eric Mirsky, MD, noticed the scar on Delucca’s right knee wasn’t healing properly. Dr. Mirsky consulted with Reza Momeni, MD, plastic surgeon for Overlook, who referred Delucca to the hospital’s Wound Healing Program to avert possible infection.

**Time in the Chamber**

On the recommendation of David Eisenbud, MD, medical director of the Wound Healing Program, and his team, Delucca underwent 30 treatments in one of the program’s hyperbaric oxygen chambers during the course of several weeks. During each session, Delucca napped, listened to music or watched TV while pure oxygen delivered at two to three times atmospheric pressure stimulated his wound to heal.

“The hyperbaric treatments were critical to my care, as the wound got smaller and smaller after each session,” Delucca says. “I can’t say enough about the Wound Healing Program team. Everyone—from Dr. Eisenbud to the dermatologist, plastic surgeon, program director and nurses—played a role in my care. Whenever I had a question, they always had an answer.”

**Recognition of Excellence**

The Wound Healing Program at Overlook Hospital recently received certification in wound care by The Joint Commission, making it the first program in New Jersey to receive the designation. Certification by The Joint Commission is a testament to the program’s ability to help individuals heal quickly—patients at Overlook spend an average of 43 days in the program, 22 days fewer than the national average.

Overlook also recently became the third hospital in the state to have its Wound Healing Program accredited by the Undersea and Hyperbaric Medical Society. This designation recognizes the Wound Healing Program’s exceptional use of its two hyperbaric chambers, which help wounds heal through saturation of pure oxygen in a pressurized environment.
Increasingly, people with a wide range of medical problems and those who just want to feel better are choosing alternative routes to wellness that promote the body’s natural healing and protection.

Approximately 50 percent of adults age 18 and older use some form of complementary and alternative medicine—also known as integrative medicine—during their lifetimes, according to a survey by the National Center for Complementary and Alternative Medicine. Various forms of integrative medicine exist, including staples of Eastern medicine, such as yoga and acupuncture, as well as more familiar concepts such as proper nutrition.

Many integrative medicine modalities have a long history—yoga and acupuncture date back thousands of years in South and East Asia, respectively—but the concept itself remains relatively new to American medicine. An important 1993 study helped integrative medicine gain greater recognition by revealing that one-third of Americans had used a complementary modality, typically outside the boundaries of traditional medicine.

“At its core, integrative medicine is holistic,” says Nancy Cotter, MD, physiatrist and acupuncturist, medical director for Atlantic Integrative Medicine. “Its goal is to treat the entire patient on multiple levels—social, emotional, spiritual—rather than the disease itself. It’s often more important to know what type of person has a disease than what kind of disease the person possesses. We try to reinforce and augment the healing powers of each person’s own physiology.”

Healing Before You’re Ill

Integrative medicine is not just for those who are facing health conditions. Certain treatments are designed to relieve stress, while others can boost energy, promote relaxation or reduce muscle discomfort, such as in the back and neck.

“A healthy lifestyle can be enhanced with integrative medicine practices,” says Emilie Rowan, manager of Atlantic Integrative Medicine and Healthy Lifestyles. “Many integrative medicine therapies provide healing benefits, as well as the type of relaxation many people find at a high-end spa. What’s great about our services is they are backed by expert physician oversight, keeping a person’s primary care provider abreast of his or her overall health.”

To bring integrative medicine services to more people, Atlantic Health recently opened Healthy Lifestyles at Montville, a center designed to promote health and wellness. Beginning with a one-on-one lifestyle assessment, services and treatments include:

- **Acupuncture**—an ancient system that’s been shown to alleviate chronic pain, reduce stress and anxiety, relieve

   **More Than a Spa Day**

   While the services and atmosphere of Healthy Lifestyles feel like those found in a luxurious spa, the science behind them ensures you receive more than relaxation.

   If a person is diagnosed with cancer, for instance, integrative medicine can aid in the healing process. Guided imagery, a visualization method, may help a person undergoing chemotherapy reduce the side effects often associated with the curative treatment.

“Our goal is to always approach medicine from every angle possible.

This extends beyond the walls of traditional medicine to care for people while they are healthy. We promote wellness in a healing culture to reduce the effects daily life has on us all.

Basically, anyone who is interested in improving his or her health can benefit from integrative medicine.”—Emalie Rowan, manager of Atlantic Integrative Medicine and Healthy Lifestyles
headaches and migraines, lessen indigestion, among others.

- **massage**—a hands-on art that improves circulation and relieves stress.
- **craniosacral treatment**—a gentle system of touch and movements to aid the central nervous system.
- **Jin Shin Jyutsu**—acupressure treatments that can help lower blood pressure and improve energy levels.
- **reflexology**—hand and foot treatments designed to promote self healing and relaxation.

Additionally, Healthy Lifestyles staff provides nutrition assessments and counseling, as well as lifestyle coaching. "If a person requires additional help, we can step in with the guidance of physicians from Morristown Memorial and Overlook hospitals," says Roye Evans, RN, integrative medicine coordinator in oncology and neurology for Overlook Hospital. "By having wellness services aligned with medical providers, we are providing the community with the tools needed to maintain wellness for years to come."

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**One Patient Learns the Soothing Power of Yoga**

An 88-year-old woman who recently found relief from osteoporosis pain at Atlantic Integrative Medicine is proof you’re never too old to benefit from the movement and mental clarity offered by yoga.

The patient, whom we’ll call Jane, lives alone, but her life is by no means empty. She takes college courses and loves to be active, but compression fractures in her spine thwarted the latter passion until she turned to twice-a-week, one-on-one yoga sessions at Atlantic Integrative Medicine. After four to six weeks, Jane’s pain disappeared, and she found her memory and balance were improved. Today, Jane continues her yoga sessions and has made some diet modifications to further improve her well-being. “As a home care nurse, I see a lot of older patients with spine problems, and I’d never thought of yoga as a modality for pain relief until I witnessed the difference it made in Jane’s life,” says Mary Jo Peay, RN, rehabilitation nurse for Atlantic Home Care. “Many times, when a patient like Jane opts not to have surgery, one doesn’t automatically think of a treatment like yoga to help him or her. Integrative medicine can truly help people in a noninvasive way, which is fantastic.”

Healthy Lifestyles has a new location, 137 Main Road, Montville. To make an appointment, call 973-299-2133. For more information about Atlantic Integrative Medicine at Morristown Memorial and Overlook hospitals, call 800-247-9580 or visit atlantichealth.org.
Hypnosis For Weight Loss*
> Tuesday, January 25, February 15, March 15, 7:00 to 9:00 pm
Overlook Hospital, Conference Room
Fee: $70

Hypnosis for Smoking Cessation*
> Thursday, February 17, 7:00 to 9:00 pm
Overlook Hospital, Conference Room
Fee: $70

Stroke and Diabetes
Reduce your risk of stroke or heart attack by attending this informative event.
> Thursday, March 10, 6:00 to 9:30 pm
Overlook Hospital, Conference Room
Fee: $50

Women’s Heart Health Awareness
Nurses and health educators will assess and identify your risk for heart disease.
For an appointment, call 908-522-7399.

Speakers Bureau for Women’s Heart Health
Have a cardiac nurse speak about the signs and symptoms of heart disease in women.
For more information, call 908-522-5355

Controlling Diabetes
Overlook Hospital
For more information, call 908-522-2201

Wellness & Support Resource Fair for Parkinson’s and Alzheimer’s Disease
> Saturday, April 9, 9:00 am to Noon
Wallace Auditorium, Overlook Hospital

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

Cancer Care

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

Guided Imagery
Uses visualization to enhance the immune system's ability to

Screenings

Cholesterol
> Thursday, January 6, 10:00 am to Noon
5 Points YMCA, 201 Tucker Avenue, Union
> Monday, January 24, 10:00 am to Noon
The Connection, 79 Maple Street, Summit
> Monday, February 7, 10:00 am to Noon
5 Points YMCA, 201 Tucker Avenue, Union
> Friday, February 11, 10:00 am to Noon
Varian YMCA, 6 Rockview Avenue

CPR for Dogs and Cats
Pet owners will learn basic first aid techniques to stabilize their pet until a veterinarian is available. Pets are not allowed to attend. Each participant will receive a Pet First Aid textbook and DVD.
> Wednesday, January 19, 6:00 to 9:30 pm
Overlook Hospital, Conference Room 4
Fee: $50

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

HEARTSAVER Pediatric Course*
This course is designed to teach CPR and relief of foreign body obstruction for the infant and child.
Call for dates, 7:00 to 10:00 pm
Fee: $40

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

BLS for the Healthcare Provider (full course)*
Call for dates, 7:00 to 10:00 pm
Fee: $85

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

Children and Parenting

Overlook Hospit Al

January through March 2011

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

I & II Cancer Vive
This six-week program empowers cancer patients and their caregivers to take a mind-body approach to healing.

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

The Connection, 79 Maple Street, Summit
> Monday, February 7, 10:00 am to noon
Guided Imagery
> Friday, February 11, 10:00 am to noon

• Uses visualization to enhance the immune system's ability to fight cancer.

> Wednesday, February 23, 10:00 am to noon
Home Depot, Springfield Avenue, Union

• Provides women with emotional support as well as postoperative pool exercises. The Connection, 79 Maple Street, Summit
For dates and times, call 908-522-6168

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
Ostomy
For more information, call 908-522-2156

Bereavement Group
For those who have lost a loved one to cancer
To register, call 908-522-5255

Hearts and Hands—Living With Cancer
An open drop-in support group that offers patients and caregivers the opportunity to support each other in a caring environment.
> Thursday, 1:30 to 3:00 pm
For more information, call 908-522-5349

Post-Treatment Group
For patients who have completed their cancer treatment.
> Second Thursday of the month, 7:00 to 8:30 pm
To register, call 908-522-5349

Circle of Women: Breast Cancer Networking Group
For dates and times, call 908-522-6210

Post-Breast Surgery
This program concentrates on the emotional as well as the physical support following a lumpectomy or mastectomy.
The Connection, 79 Maple Street, Summit
For more information and to register, call 908-522-5255

All Cancer Care programs are held at Overlook Hospital, unless otherwise noted.

IMPROVING YOUR HEALTH

Substance Abuse Family Support Group
> Tuesday, 6:30 to 8:00 pm

Chemical Dependency
Three one-hour groups meet three nights a week
> Monday, Wednesday and Thursday, 6:00 to 9:00 pm

Therapeutic Gambling Group
> Tuesday, 8:00 to 9:00 pm

Women's Group
> Thursday, 11:00 am to 12:30 pm

Mindfulness Group
Learn mindfulness techniques to help you cope with illness
> Tuesday, 6:00 to 7:30 pm (for women and men)
> Monday through Friday, 2:30 to 4:00 pm (for women only)

Mental Health Intensive Outpatient Program
Group, individual and family counseling, as well as medication management. Participants attend three out of five days per week.
> Monday through Friday, 10:30 am to 2:00 pm

Postpartum
> Every other Thursday, 10:30 to 11:30 am

Programs listed above are held at the Atlantic Behavioral Health Outpatient, 46-48 Beauvoir Avenue, Summit. To register, call 888-247-1400.
Mary Finckenor, registered dietitian, shares this heart-healthy Pasta e Fagioli recipe with her patients at the Cardiac Health Center at Gagnon Cardiovascular Institute. Enjoy this delicious dish for better heart health from the Mediterranean.

**DIRECTIONS:**
In medium saucepan, bring broth to a boil. Add sun-dried tomatoes, celery and garlic; lower heat and simmer until celery is crisp yet tender (about 5 minutes). While tomatoes are simmering, remove about ¼ of the beans from the can and smash/crush them (this will help thicken the broth).

**INGREDIENTS:**
- 1 13–14 oz. container lower sodium chicken broth
- 5–6 chopped sun-dried tomatoes (optional)
- 2 stalks (≈1 cup) chopped celery, including leaves
- 1–2 cloves garlic—crushed, or 1–2 teaspoons jarred, minced garlic
- ¾ cup canned crushed tomatoes or fresh chopped tomatoes
- 1 (15–19 oz.) can undrained cannellini beans (white kidney beans)
- ½ cup cooked whole-wheat elbow or other short macaroni (Reserve 1 cup of cooking liquid.)
- ¼ teaspoon red pepper flakes (to taste)
- 2 tablespoons chopped parsley

**HEART-HEALTHY RECIPE**

**LEARNING MORE ABOUT** health and nutrition after leaving the nest can call into question Mom’s infinite wisdom or show she was on the right track. For instance, Warren reader Lonnie Miller’s mother served a colorful array of food that was aesthetically pleasing, and it just happened to be good for the family.

**MYTH:** Catching colds from overexposure to cold or damp conditions
Caused by viruses, colds are only transmitted through contact, such as inhaling infected droplets or touching infected surfaces and transferring the virus to your mouth or nose, not by wintry weather.

**MYTH:** Waiting 30 minutes after eating to go swimming
While it’s true that blood is diverted to digest food, this shift is not enough to cause cramps or drowning.

**MYTH:** Going to a gym and personal trainer are the only effective ways to lose weight
Exercising doesn’t take a big financial commitment. As this issue’s feedback letter winner Nancy R. Dean pointed out on page 2, all a person needs is drive and a pair of walking shoes. Exercise DVDs and interactive video game systems also provide less expensive outlets for getting moving.

**MYTH:** Eating an apple a day keeps the doctor away
High in antioxidants and fiber, research would suggest a cup of blueberries would be a better choice.

**MYTH:** Popping your knuckles causes arthritis
No correlation has been found between arthritis and knuckle cracking. The sound is caused when the separation of bones breaks the seal causing a gas bubble.

**MYTH:** Avoiding all fats is important for heart health
While fats should comprise a third of your daily calories, recommendations by the American Heart Association urge people to focus on heart-healthy fats found in seeds, nuts and fish, and to avoid bad fats in their diet, including meats, butter and whole-fat dairy products.
When you experience a heart condition, physicians tell you to eat right and exercise. If you're a patient in the Heart Success Program, your care goes far beyond health tips.

A PERSON’S RISK of heart disease increases with age, but there are steps individuals can take to lower their risk of heart attack. These include:

- avoiding trans fats
- exercising at least 30 minutes most days of the week
- managing diabetes
- minimizing alcohol intake to two drinks for men a day, and one drink a day for women
- reducing stress

Special Care for Hearts That Need It Most

The Heart Success Program at Atlantic Health helps patients dealing with cardiac conditions, including advanced heart failure, cardiomyopathy and pulmonary hypertension.

“Our expert heart failure team—made up of cardiologists, advanced nurse practitioners and other health care professionals—evaluates patients and develops a comprehensive plan for both the patient and family,” says Nancy L. Bonnet, APN-C, manager of the Heart Success Program for Atlantic Health. “We offer patients both inpatient and outpatient management programs that fit their individual needs.”

Health care providers with the program follow up with patients after a hospital discharge. This follow up can be as technologically advanced as monitoring a device that transmits data back to Atlantic Health, alerting specialists if something is amiss. However, it’s also as personal as simple phone calls following dinner to check in on a patient. These patients receive daily check-ins, meaning help is always readily available should it be needed.

For more information about the Heart Success Program, call 973-971-4179 or visit atlantichealth.org.

One Patient’s Journey

Sixty-eight-year-old engineer Henry Finkle began having heart problems in 1991. Throughout the years, he had stents placed to help his heart as well as a valve replaced, but he was still retaining fluid in his stomach and legs.

After consulting with William Tansey, MD, cardiologist for Atlantic Health, Finkle went to Gagnon Cardiovascular Institute and received care from Frank Smart, MD, Dorothy and Lloyd Huck chair, chief of cardiology for Gagnon Cardiovascular Institute.

“I had been fighting fluid build-up and Dr. Smart recommended I undergo a procedure to open up the right ventricular of my heart,” Finkle says. “The team of physicians who worked with me were so helpful. I wish I had known about this program sooner.”

Pasta Fagioli

1. In a large pot, combine onion, garlic, celery, carrots, and green pepper. Cook until tender.
2. Add tomatoes, kidney beans, and vegetable broth. Bring to a boil, then reduce heat and simmer for 30 minutes.
3. Add fettuccine and cook for 5 to 6 minutes, until al dente. Add remaining ingredients (except parsley) and heat through.
4. If consistency is too thick, add small amounts of the pasta cooking liquid or tomatoes. Add parsley right before serving. Serves 4.

NUTRITION PER SERVING:

- Calories: 193
- Total Fat: 1g
- Protein: 12g
- Carbohydrates: 34g
- Fiber: 6g
- Cholesterol: 0mg

Sodium will vary depending on broth and beans used.
Normal pressure hydrocephalus (NPH) is one of the few known curable types of dementia.

HYDROCEPHALUS IS A medical term associated with the buildup of fluid inside the skull. As fluid accumulates in the cranial cavity, the brain swells, resulting in a number of cognitive and developmental difficulties. Normal pressure hydrocephalus (NPH) refers to the accumulation of cerebrospinal fluid (CSF) that increases pressure on the brain and affects daily function (normal pressure hydrocephalus is actually misnamed since the pressures are high). Although cases of NPH can strike at any age, the elderly experience it most often.

Seeing the Signs
In cases of NPH, three key symptoms affect patients:
• difficulty walking
• memory loss or other cognitive difficulties
• urinary trouble, such as urgency or incontinence
Patients suffering from NPH may experience progressive mental impairment and other symptoms of dementia. Symptoms, such as slow, shuffling gait, can mimic those of Parkinson’s disease, making NPH much more difficult to identify. After symptoms of NPH have been identified, a magnetic resonance imaging scan of the brain may be used to confirm a diagnosis.

Focusing on Therapy
Once NPH is diagnosed, treatment options are extremely specific. The most successful option for treating NPH consists of placing a shunt in the brain to drain the excess CSF. After the fluid has been removed, the brain returns to its normal size and proper function can be restored. Patients must receive periodic checkups to ensure the shunt is functioning properly.

Although the process of shunt implantation is invasive, it is considered a minor procedure and is often extremely effective at reducing brain swelling and reversing the symptoms of NPH.

“The Atlantic Neuroscience Institute Normal Pressure Hydrocephalus Center offers a comprehensive resource for the diagnosis and treatment of NPH,” says Roger Kurlan, MD, neurologist, director of the Movement Disorders Program for Atlantic Neuroscience Institute. “The facility offers expert patient evaluations, cognitive ability testing, shunt implantation procedures and shunt adjustments provided by experienced and highly trained physicians.”

In addition to helping patients with various forms of dementia, Atlantic Neuroscience Institute physicians at Overlook Hospital also treat patients with movement disorders such as Parkinson’s disease. Technology called deep brain stimulation sends electrical signals deep inside the brain, correcting abnormal nerve signals.
MOLD: A Growing Concern

Combine water and moisture indoors, and you may have a recipe for a health hazard. Mold, which is spread by spores, can cause health problems—particularly when it’s in your home. Learn more about mold with Susan Kaye, MD, chair of family medicine for Overlook Hospital.

Q: What are the health hazards of mold?
Dr. Kaye: People with allergies to mold and who have asthma are most at risk for reacting to mold or mold spores. These reactions can include sneezing, irritated eyes and a skin rash. People who aren’t allergic to mold also may experience symptoms from mold exposure in the form of irritation to their eyes, lungs, nose, skin and throat.

Q: What spaces or places are most conducive to growing mold?
Dr. Kaye: Mold can grow anywhere spores land with enough moisture or humidity. Indoors, water damage caused by leaking appliances can create a hotbed for mold growth—which can in turn destroy whatever surface the mold grows on, including furniture, upholstery, walls, floors or windowsills.

Q: How can I prevent mold growth in my home?
Dr. Kaye: Identify moisture problems in your home to locate potential sources of mold. Any water appliances, such as bathtubs and showers, sinks, air conditioning units, refrigerators and water heaters, could be culprits. Keep humidity levels below 50 percent by increasing ventilation to the area or utilizing a dehumidifier. Small areas of mold, such as showers or bathtubs, can be scrubbed clean with detergent and water. If you have a more serious or widespread mold problem, talk with a health professional about the most effective and safest way to clean it up and how to manage your symptoms.

For more information about family medicine practices affiliated with Overlook Hospital, visit AtlanticHealth.org and search “Family Medicine Practices.”

Your Health in Our Hands

Having a primary care physician brings many benefits. From serving as a leader of your care to providing diagnostic services for illnesses or chronic conditions, these physicians focus on your health and that of your family.

At Overlook family medicine practices, family physicians offer patient-centered care and the latest technologies to meet your needs. These family practices include:
• Chatham Family Practice Associates
• Maplewood Family Medicine
• Overlook Family Practice Associates

Find us on Facebook
Health care reform means more Americans could be seeing physicians on a regular basis. This translates into an immediate need for primary care physicians.

**IS YOUR COLLEGE-BOUND** son or daughter considering pre-med? The next time you hear your child express interest in medicine, be sure to mention primary care. Doctors trained in internal medicine are the major source of primary care for Americans. However, in recent years, an overwhelming majority of medical students have pursued more financially lucrative careers or subspecialties of internal medicine, such as cardiology or oncology, due to the tremendous cost of receiving a medical education.

As the health care reform law comes into effect and millions of Americans are newly insured, medical demands will rise. Experts believe that the greatest demand will be for primary care physicians—a group whose numbers are already at a low.

**Making a Change**

Because of an urgent need, efforts are being made to ensure the current and future medical needs of the nation’s population are met by providing incentives to individuals entering the medical field. The Association of American Medical Colleges (AAMC) is advocating this increase by making a medical education more accessible to students. It is estimated that by increasing accepted quotas at medical colleges in a given year, medical school enrollment will increase 20 percent to 25 percent by the year 2012. By expanding enrollment and re-evaluating the educational requirements needed to practice medicine, the AAMC hopes to produce 5,000 new physicians each year.

Atlantic Health’s loan repayment program was created to assist primary care physicians in repaying their education debt. Through this program, Atlantic Health provides qualified graduates of their primary care, internal medicine and family medicine residency programs up to $100,000 of medical education loan repayment in annual installments of $25,000 after each year of full-time primary care practice in an Atlantic Health community.

“The student loan repayment program is a great option for those interested in a career in primary care but who are concerned about financial burden,” says Susan Kaye, MD, medical director of Academic Affairs for Atlantic Health and program director for the Atlantic Health Primary Care Loan Repayment Program. “In a time when many medical professionals can’t fathom entering a career in primary care due to significant student loan debt, Atlantic Health offers a solution.”
Stories of Hope and Survival
When Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health, accompanied a medical team to Port-au-Prince, Haiti, in August 2010, she encountered poverty and devastation at every turn. Equally as prevalent, however, were inspirational encounters with young Haitians, including those described below.
• Three-year-old Rachel came to the Atlantic Health team’s clinic in Haiti with her family from across the island nation. The young girl had clubfeet and knees stuck in a bent position that prevented her from standing. During the course of a week, Rachel returned to the clinic several times, and Dr. Minkowitz applied a series of casts to her legs and performed Achilles tendon releases. By the end of the week, Rachel stood upright for the first time. She will require further casting and possibly surgery, but Dr. Minkowitz says, “She is well on her way to walking.”
• Janet was struck by a car one week before the Atlantic Health team arrived in Haiti. The 12-year-old suffered open fractures to her right and left legs, which were placed in external fixators before Dr. Minkowitz and her colleagues arrived. The team worked with a group of international physicians to help Janet battle infection in her legs. Thanks to diligent cleaning and a course of antibiotics, Dr. Minkowitz says, “She was much improved and smiled when she saw us during the last day of rounds.”

Helping our community means more than aiding those in our own backyard. That’s why a team of medical professionals traveled to Haiti in August 2010 to work with children with clubfoot.

FOR 10 DAYS, Barbara Minkowitz, MD, medical director of pediatric orthopedics for Atlantic Health, and two other Atlantic Health providers worked with a pre-med student from Rutgers University at Adventiste Hospital in Haiti’s capital, Port-au-Prince. Their mission was to treat children with clubfoot, a congenital deformation that causes the foot to turn inward. Caring for children with the potentially disabling condition, however, became just one part of their service.

The team spent its time working in cramped quarters in a severely understaffed facility, using supplies donated by Atlantic Health and miscellaneous items from the sizable donations received by Adventiste Hospital. They treated practically all comers, no matter their condition, and held classes to educate Haitian medical staff about proper care techniques.

“We provided instruction on how to prepare patients for treatment and perform procedures,” Dr. Minkowitz says. “By the end of our stay, we were gratified to see staff that had once known nothing about treating clubfoot help train their colleagues.”

If all goes according to plan, it won’t be the last visit to Haiti for Dr. Minkowitz and the team. They plan to join an international group of orthopedists in an effort to organize care for clubfoot patients and hope to return to the country with the group in the future.
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